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Bangalore Mirror ON SUNDAY

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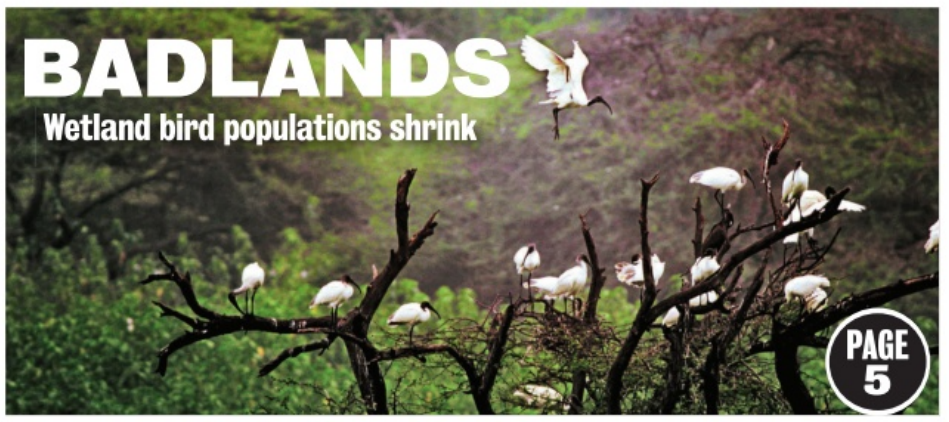

Why construction sites in city must make use of treated wastewater from STPs at apartment complexes

WATERWAYS

3,000 STPs in apartment complexes treat 250 MLD of wastewater

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TWEETS @BangaloreMIRROR

Apartment complexes in the city with mandatory wastewater treatment facilities (STPs) are demanding regulations that will allow them to freely trade treated wastewater that is currently going down the drain.

An analysis of the current wastewater treatment and usage scenario of the city conducted by WELL Labs in association with Bangalore Apartments' Federation (BAF) highlights that Bengaluru currently generates 1,941 MLD of wastewater daily.

There are almost 3,000 decentralised STPs in apartment complexes in Bengaluru and they collectively treat about 250 MLD of wastewater.

However, most of the treated wastewater is not being used and is discharged down the drain.

"The reuse of treated wastewater generated in decentralised STPs remains a missed opportunity. Only about 72 MLD of the 250 MLD being treated is reused and the rest is let out into the stormwater drains," said Satish Mallya, joint secretary, BAF.

BAF and WELL Labs studied wastewater availability and reuse needs of the city. Results of the study showed while Bengaluru requires 2,637 MLD of water daily, it receives 1,460 MLD (43%) of water from the Cauvery River, from a reservoir 100 km away and 350 m lower than the city's elevation, and the rest of 1,392 MLD (53%) is drawn from groundwater via bore wells and supplied by tankers.

Experts said wastewater has significant potential to offset freshwater usage. A policy around tertiary usage of treated wastewater, such as in construction and in maintaining the

CONTINUED ON PAGE 8 »

AMINE KM/PEXELS

> "The usage of treated wastewater in construction is in its early stages and is only used by some contractors
>
> — Shravanth Donthy, co-founder/CEO, Tankerwala

Saplings zapped

Contractor assigned to fence Seegehalli Lake allegedly damages around 20 saplings

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TWEETS @BangaloreMIRROR

With contractors and workers becoming insensitive towards saplings at waterbodies and adjacent parks, lake activists are worried about the safety of saplings they planted on lake bunds and parks.

The Bruhat Bengaluru Mahanagara Palike (BBMP) engaged contractors to take up developmental works at various lakes and parks, but these developmental works have become detrimental for the survival of saplings planted and nurtured by lake activists and volunteers over the years.

For example, a few workers engaged by a contractor assigned to fence Seegehalli Lake have allegedly damaged around 20 saplings while digging pits for installing the fence.

The lake activists are of the opinion that the BBMP authorities should have advised and cautioned the contractor to ensure safety of the saplings while digging on the lake bund.

"We have struggled to plant the saplings. It is tough to organise volunteers for watering them. Some of the volunteers have worked hard to provide water for the saplings. It is shocking to see saplings are either removed or damaged while taking up developmental works at Seegehalli Lake,"

CONTINUED ON PAGE 4 »

2 THINGS TO DO

01 Action time

Pravara Theatre is set to present two Kannada plays this Sunday. The first play, Annana Nenapu, is a play based on an art novel by KP Poornachandra Tejaswi, which is Mahakavi Kuvempu's memoir. The play conveys significant chapters that depict the importance of Kuvempu's place in Kannada cultural history. The second play, Beg Borrow Aliya, is a comedy play centred around the concept of Vasudhaiva Kutumbakam.
Where: KH Kalasoudha Hanumanthanagara
When: Today; 1st play- 4 pm and 2nd play-7 pm

02 Artisanal beauty

Project Tarasha and Creative Dignity are organising the Tarasha Craft Exhibit, which is a four-day exhibition with an artisan-first approach. The event aims to support and showcase rural craft entrepreneurs and will feature more than 30 artisan enterprises. The inauguration is set to happen on Thursday.
Where: Bangalore International Centre, Domlur
When: Thursday, February 8; 2:30 pm; craft exhibition: February 9 and 10

Covering insurance

In collaboration with Vijaya Karnataka, Bangalore Mirror, Labour Department, and Karnataka State Unorganised Workers Social Security Board, an insurance facility registration and E-shrama card distribution campaign was arranged for newspaper vendors and beat boys of Padmanabhanagar and surrounding areas.

It's show time

A large number of enthusiasts took part in the Karnataka Biker Carnival, with biking clubs, stunt shows bikes, food stalls, and biking activities. The two-day event was held at KTPO Whitefield

What's up with your research?

With Karnataka State Higher Education Council urging universities to provide list of ongoing research projects, only 2 out of 34 universities have submitted details about their research work

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Research plays a pivotal role in shaping the trajectory of universities, yet it appears that research initiatives are lagging behind at state universities. The Karnataka State Higher Education Council has consistently urged universities to provide a comprehensive list of ongoing research projects. However, only a handful, notably the University of Mysore and Mangalore University, have demonstrated a willingness to share project details.

Among the 41 universities in Karnataka, including horticulture and agricultural universities, 34 fall under the category of general universities. Surprisingly, only two of these 34 universities have thus far disclosed information about their ongoing research projects. This lack of transparency has raised concerns about the overall status of research endeavours at state universities.

Council sources reveal that there are currently 500 research projects underway across various universities. However, aside from the University of Mysore and Mangalore University, the majority of universities have not divulged specifics about their respective research initiatives. In an effort to assess the landscape of research projects, the council requested information by the first week of November. Notably, the University of Mysore reported 45 ongoing research projects, while the University of Mangalore indicated the undertaking of 51 research projects.

These research projects span across different disciplines and are often funded by corporate social responsibility (CSR) initiatives or receive grants from the state or central government. Additionally, several PhD students are actively involved in various research projects. However, the current assessment by the council does not explicitly consider the contributions of these doctoral candidates.

Officials from the council highlighted that the field witnessing the maximum research activity is biotechnology and biochemistry. Council Vice-Chairman Prof SR Niranjan emphasised the importance of garnering more details from universities regarding their research endeavors. He stated, "I have sought more details from the universities related to research, and only a few universities have submitted details so far. My intention is that the universities should promote more research work."

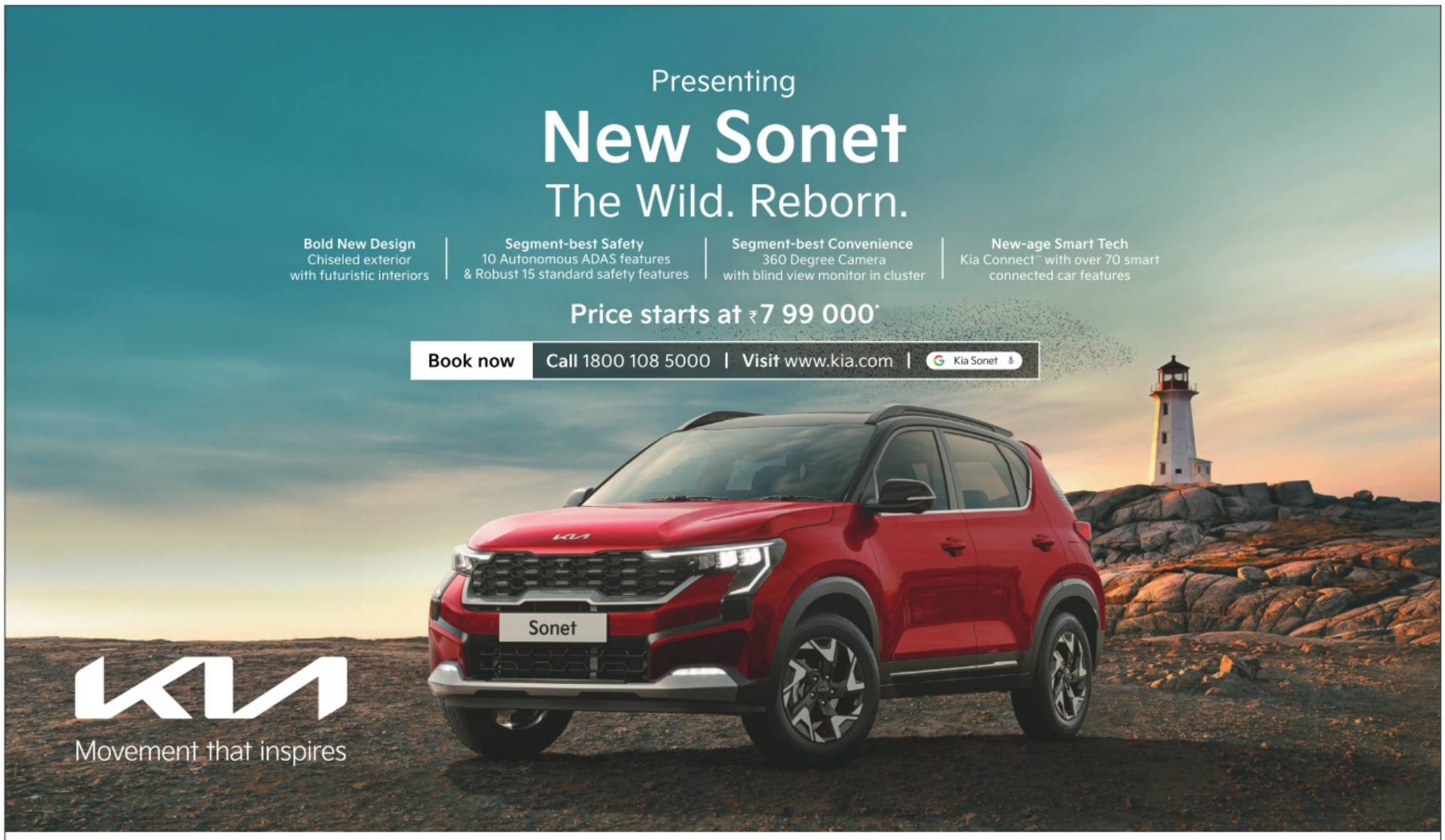
> **"Research serves as the lifeblood of a university, breathing vitality into its academic pursuits** – a college professor

Experts say that universities that prioritise research contribute significantly to advancements in various fields

The reluctance of many state universities to share information about their research projects raises questions about the transparency and visibility of academic research in the state. Encouraging universities to be more forthcoming with details about their ongoing research initiatives will not only foster transparency but also provide a comprehensive understanding of the diverse research landscape in Karnataka. As research continues to play a crucial role in academic institutions, promoting a culture of openness and collaboration is essential for the overall growth and development of the higher education sector in the state.

A college professor who didn't want to be named said, "Research serves as the lifeblood of a university, breathing vitality into its academic pursuits and propelling it into the echelons of global knowledge creation. In fact, research is the crucible where ideas are tested, theories are refined, and knowledge is constantly evolving. A university's commitment to cutting-edge research not only enhances its academic reputation but also attracts top-tier faculty and students seeking to engage with a vibrant intellectual community. Moreover, research instills a culture of curiosity and critical thinking among students, fostering a dynamic learning environment."

From a global perspective, universities that prioritise research contribute significantly to advancements in various fields, ultimately shaping the world's intellectual landscape. Hence, universities should view research not merely as an academic obligation but as a transformative force that propels institutions into the forefront of innovation and knowledge dissemination, they added.



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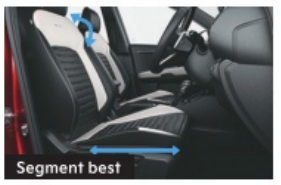

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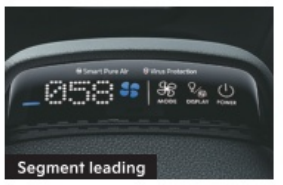

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INNOCEAN-0012/24

Expect seamless metro rides, one scan away

BMRCL plans to enable metro ticket reservations through various apps for issuance of QR tickets; this will eliminate need for separate interfaces with each transit system operator

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TWEETS @BangaloreMIRROR

Streamlining the process of booking metro tickets is set to become easier as BMRCL considers opening its network to developers. Currently, QR code tickets can be procured through PayTM, WhatsApp, and Yatra apps, with demands to establish a universal platform for broader app support.

According to BMRCL Chief PRO BL Yashavanth Chavan, "QR tickets are currently limited to applications like Yatra or WhatsApp. We have floated tenders and permitted them, allowing any app to issue QR tickets. Now, integration with the Open Network for Digital Commerce (ONDC) or Bharat Billpay platforms may be necessary for allowing other apps to provide tickets. Presently, the token system accepts payments through UPIs or cards."

He added that in the future, payment through any app for ticket purchases may be introduced if they have a QR code facility for offering tickets. With an open platform, any app can participate, leading to a consolidated bill from multiple apps. Plans also include the possibility of booking smart card recharges.

QR tickets are currently limited to apps like Yatra or WhatsApp; BMRCL has floated tenders, allowing any app to issue QR code

Sources indicate that the collaboration with ONDC enables Metro to grant app developers access to its metro rail system and ticketing services. This collaboration extends to various modes of transportation, providing commuters with a unified platform to book bikes, metro rides, and auto rickshaws. The initiative simplifies first-to-last-mile linkages using different transportation modes and has the potential to facilitate online shopping while commuting.

An official said the partnership with ONDC opens access to the ticketing application service for various app developers. "This will foster innovation in integrated and multimodal transit solutions as more app developers join the open network, eliminating the need for separate interfaces with each transit system operator. The ONDC network's value extends beyond ticketing, presenting a broad spectrum of possibilities," added the official.

BMRCL wants to follow in the footsteps of other metro rails. For example, Chennai Metro rail passengers can now book tickets through mobility aggregator apps like Rapido, Namma Yatri, and RedBus. By opening its network to developers, CMRL enables potential integration with Google Maps, PhonePe, and other apps, promising seamless multimodal experiences.

CMRL is the pioneering metro rail service to join the open network platform.

PUBLIC NOTICE

The General public are hereby informed that my client Smt. Mangala Prakash W/o Sri. Prakash Nigudgi, No.875, S-2, Mohan Sadana Apartment, M.G. Road, Lakshmipuram, Mysuru, intends to purchase the Schedule Property from its owner Smt. Vimala K.R. W/o late Sri. Gopalakrishna K.V., alongwith her two sons namely Sri. Vinod G. and Sri. Vinay G, No. 598 / A 1st 'D' Cross, 3rd Main Road, Near Mouneshwara Temple, Mathikere, Bengaluru, which was allotted to her husband Sri. K.V. Gopalakrishna by BDA, Bengaluru, vide Allotment Letter bearing No. BDA/DS-3/1609/BLK-VI/SMVL/2003-2004 dated 16-4-2003 and registered by Deputy Secretary, BDA, Bengaluru in his favour under Registered Sale Deed dated 12-5-2004 bearing Document No.BDA-1-01340-2004-05 of Book No. 1, stored in C.D.No.BDAD 34 and the actual possession of the schedule property being given to him by issuing Possession Certificate No. 069934/PCR No. 145/04 dated 10-5-2004; and upon the demise of Sri. K.V. Gopalakrishna on 7-6-2011, his wife the said Smt. Vimala K.R. has got the Khatha of the same changed into her name in the records of BDA.

Hence, this Public Notice is hereby given that if anybody has got any objections or any sort of right, title or interest or claims of whatsoever nature in this behalf, to the sale of the Schedule Property in favour of my client, he shall submit the same with necessary documents and proof in support of his claim in writing WITHIN SEVEN DAYS from the date of Publication of this Notice with the undersigned, failing which, my client will purchase the schedule property from the said Smt. Vimala K.R. and her sons under a Registered Sale Deed and any objections or claims received thereafter will not be entertained.

SCHEDULE

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No.24/1, 2nd floor, Opposite: Bishop Cotton women's college, 1st cross, CSI Compound, Mission Road, Bengaluru - 560 027.

Safety risk for saplings at lakes

CONTINUED FROM PAGE 1

said Balaji Raghotham, a lake activist.

Expressing concern about the damage to the saplings, Raju Papanna, a lake volunteer from RMS Colony, said that he has been working as a lake volunteer for four years. "I join other volunteers in the morning to water the saplings planted by us. Recently, I came across the contractor dumping kerb stones on a few saplings. It is painful to see saplings, planted and nurtured by us, being damaged or killed," said Papanna. Lamenting over the damage to saplings, Harishchandra Prasad, a resident, said saplings at Seegehalli Lake were damaged for the second time.

Cattle can enter Basavanapura Lake without any hurdles

"Many saplings were damaged while laying underground drainage (UGD) pipes two years ago. They promised to plant saplings but did nothing till date. Now, the contractor is dumping kerb stones over saplings. The BBMP authorities must take action against him," said Prasad.

Demanding the BBMP authorities to ensure security guards to keep stray cattle away from Basavanapura Lake, KR Anjaneya Reddy, a resident of Vijaya Bank Colony, said stray cattle enter Basavanapura Lake and eat saplings planted on the lake bund and vacant space.

"There are no security guards for Basavanapura Lake. The BBMP authorities must post one or two security guards to prevent stray cattle entering the lake land," said Reddy. Meanwhile, Mahesh, contractor for Seegehalli Lake said the workers did not damage saplings intentionally. "I will make arrangements to plant saplings to compensate for the saplings damaged at Seegehalli Lake. I will plant 100 saplings for the damage caused to 10 saplings," said the contractor.

BBMP executive engineer (lakes) Bhooprada said she has already instructed the contractor not to damage saplings while taking up developmental works. "I will ensure the contractor plants more saplings to compensate for the damaged saplings," the executive engineer said. On the stray cattle menace at Basavanapura Lake, the executive engineer said measures would be taken to fix the fence problem at the lake.

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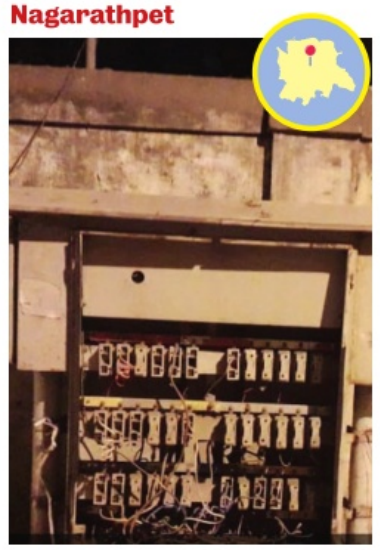

The doors of the electric box in Nagarathpet are absent. BESCOM should do something.

Don't hang up

Nelamangala

Look at the irony: the flex hanging at the Nelamangala toll booth for Road Safety Week may fall at any time. The authorities concerned should do something as it poses dangers to pedestrians and commuters.

Cover it soon

Sahakar Nagar

The concrete slab covering the drainage has been in this damaged condition for well over two months. It resembles an animal trap, and the hole and gap contain rusty iron rods in the concrete. It is located near the T-junction of GKVK and Sahakar Nagar Main Road between L&T and GKVK.

Negligence kills: Unsafe construction sites most deadly

Ahna Prakash
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TWEETS @BangaloreMIRROR

The state recorded 343 deaths due to negligence in 2023. Most of them are due to electrocution or improper infrastructure at construction sites.

According to the data on deaths by the state police due to rashness/negligence in Karnataka in 2023, the most common causes of death due negligence were improper infrastructure in construction (79), followed by electrocution (59) and "death due to other causes" (73).

Other causes of death included road accidents (21), building collapses (nine), and deaths caused by animals (three).

The data also shows that last year there were no deaths due to adulterated food/drugs, in police custody, or industrial accidents.

Just two weeks ago, an under-construction school building collapsed, claiming the lives of two daily wage labourers, on January 19 in Anekal, Bengaluru Rural. Thirteen others sustained injuries and were receiving medical attention in Anekal and Bengaluru hospitals.

The unfortunate incident occurred during the morning hours while labourers from West Bengal, Jharkhand, and Karnataka were engaged in concrete laying work atop the structure.

Lack of safety measures at construction sites claimed 79 lives

The collapse transpired while the laborers were supporting the roof during the concrete laying process.

Shockingly, none of the workers were equipped with safety gear at the time of the accident. Authorities have filed a case against the contractor responsible for hiring the laborers.

Last year, at an apartment complex constructed by a well-known developer in Gunjur near Varthur, there was a suspected electrocution of a 10-year-old girl. The victim lost her life, which prompted authorities to register a case at the Varthur police station.

Sources within the police department revealed that the incident occurred at approximately 8 pm when the young girl ventured to retrieve a ball that had accidentally fallen into the swimming pool and she came into contact with a live wire.

Civic negligence

According to the latest report from the National Crime Records Bureau (NCRB), Bengaluru witnessed the highest number of deaths in 2022 attributed to negligence by civic authorities. This marks the third consecutive year that Bengaluru has topped this list. The data reveals a concerning trend, with only three incidents reported in 2018, followed by a significant increase to 49 in 2019, before declining in subsequent years. However, in 2022, Bengaluru accounted for more than 51 percent of such incidents reported across the country.

Wetland birds lost in concrete jungle

Researchers study Hinnakki Village Lake, find bird populations have dipped

Black-headed ibis prefer shallow seasonal or permanent wetlands as foraging areas

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City-based researchers have highlighted that conversion of green spaces into concrete structures might have influenced bird diversity and density at Hinnakki Village Lake in South Bengaluru. Urbanisation, they say, has led to fewer wetland bird populations, especially 'near threatened species such as black-headed ibis.

A total of 55 species of birds were recorded at the lake. Among the observed bird species, 53 are classified as 'least concern', while two species, namely the black-headed Ibis and the oriental darter that fall under the 'near threatened' category as per IUCN, were also spotted.

Researchers recorded 18 aquatic birds and 37 terrestrial birds. Rock pigeon was identified as the most commonly found species, constituting nearly 7% of the observed bird population, owing to its behavioural adaptability to urban settings and resilience to human-induced disturbances. However, the black-headed ibis was found to be the most uncommon and less in number.

"Black-headed ibis were less in number probably due to their preference for shallow seasonal or permanent wetlands, marshlands, and water-logged crop fields as foraging areas. The decrease in marshy vegetation in the current study area due to the alteration of the landscape, which involves the construction of concrete buildings, and roads and also turning paddy fields into dry agricultural lands, might have led to the lower number," said H Hemanth, co-author of the study that was published in Journal of Threatened Taxa.

Monitoring wetlands is crucial

Experts say bird diversity, including migratory bird patterns, is impacted by factors such as human activities, pollution aspects such as agricultural runoff, air and noise pollution levels, and food availability. Thus, regular monitoring of the wetland's biodiversity is an important prerequisite to tracking the changes in avian population and diversity.

The study also highlighted the importance of confounding factors such as seasonal variations in the avian population. Experts say the involvement and support of locals are critical in conserving the vegetation, which can have a direct impact on the avian population and diversity.

"Birds such as herons and egrets registered the highest relative abundance at 12.7% at the lake. The reason for their abundance might be the number of water bodies surrounded by a huge number of trees and bushes, which facilitate the nesting of birds. The abundance and richness of Ardeidae species depend on the quality of water bodies, vegetation cover, and the availability of food.

Researchers have also underlined the presence of invasive exotic species such as lantana, alligator weed, parthenium, water hyacinth, and water lettuce. They opine such changes in water bodies can cause significant damage to the abundance of aquatic ecosystems including fish, microscopic animals, and aquatic invertebrates.

> **"The decrease in marshy vegetation due to the alteration of the landscape, which involves the construction of buildings, roads... may have led to lower numbers**
>
> –H Hemanth, co-author of study

Capture awry? Jumbo death at Bandipur

Thanneer, the 40-year-old radio-collared wild elephant that was captured from Wayanad District in Kerala on the night of Friday (February 2) died at Ramapura elephant camp in Bandipur Tiger Reserve on Saturday morning. The jumbo was captured after being tranquilised and allegedly died due to an overdose.

This is the third elephant death recorded in Karnataka over the last two months in a wild elephant capture operation by the Karnataka Forest Department (KFD).

Wildlife activists and conservationists say Thanneer's death should be investigated and all the ongoing elephant capture operations in the state should be suspended.

"The number of elephants that we have lost recently in capture operations is alarming. While Arjuna, the Dasara elephant, was killed in one such operation on December 2, another elephant died in Mudigere on December 2 due to an overdose of tranquiliser. Thanneer was a docile elephant. However, he was still captured, radiocollared, and relocated. We cannot afford to lose elephants due to shoddy capture operations. These operations should be suspended immediately until the department has all the necessary infrastructure in place to deal with emergencies. Thaneer's death should be probed," said Joseph Hoover, a former State Board for Wildlife member and founder of the United Conservation Movement and Charitable Trust.

Thanneer was captured from Hassan nearly a month ago and a radio collar was fixed by KFD before he was released in Bandipur. On Friday, it was spotted in Mananthavady town in Kerala. Later, the authorities from Kerala Forest Department ordered that the elephant be taken back to Karnataka. Wildlife activists underline that action should be taken against the officials of the Kerala Forest Department for their actions. "An official from the Kerala Forest Department mentioned that since the elephant belongs to Karnataka, it should be taken back to the state. It is disheartening to see a Forest Department official making such remarks. Elephants do not follow political boundaries," added Hoover.

Forest Minister Eshwar Khandre has described the incident as unfortunate and asserted that labeling wildlife based on state boundaries is unacceptable.

"Associating an elephant or any wildlife to a particular state and sending it back is not acceptable. This matter will be discussed with the Forest Minister of Kerala," said Khandre.

–BMB

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

IT'S SUNDAY

A painted stork relaxing awkwardly on its knees at Sri Chamarajendra Zoological Gardens in Mysuru

The picture was clicked by BM reader **T Parkash**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Welcome move: Time to curb antibiotic misuse

Healthcare professionals support government's efforts to control prescription and distribution of antibiotics

Local medical practitioners express their support for the government's recent measures aimed at regulating the prescription and sale of antibiotics. These initiatives seek to encourage responsible use among healthcare professionals, responding to the significant challenges posed by the misuse and overuse of antibiotics, which contribute to the development of antimicrobial resistance (AMR).

Dr Veena from Jayanagar General Hospital emphasised the importance of judicious antibiotic prescription, stating, "As a doctor, I wholeheartedly support the government's measures. It's crucial for healthcare professionals to prescribe antibiotics judiciously, addressing the rising threat of antimicrobial resistance. Responsible antibiotic use not only preserves the effectiveness of these drugs but also protects public health by minimising the risks associated with drug-resistant infections. It is essential for us to adhere to these regulations moving forward."

Previously, the Director General of Health Services issued directives urging doctors to refrain from over-the-counter antibiotic prescriptions and stressing the need to specify the reason for prescribing antibiotics to patients. Additionally, pharmacists received instructions to dispense antibiotics only upon presentation of a valid prescription from a qualified medical practitioner. These measures aim to mitigate the inappropriate use of antibiotics, a significant factor in the emergence of drug-resistant pathogens.

"The misuse of antibiotics not only compromises their effectiveness but also elevates the risks of disease spread, severe illness, and increased mortality rates. The World Health Organisation (WHO) recognises antimicrobial resistance (AMR) as a top global public health threat, highlighting the urgent need for prudent antibiotic use. Addressing the challenge of antibiotic resistance involves the development of novel antibiotics capable of combating drug-resistant bacteria," stated an official.

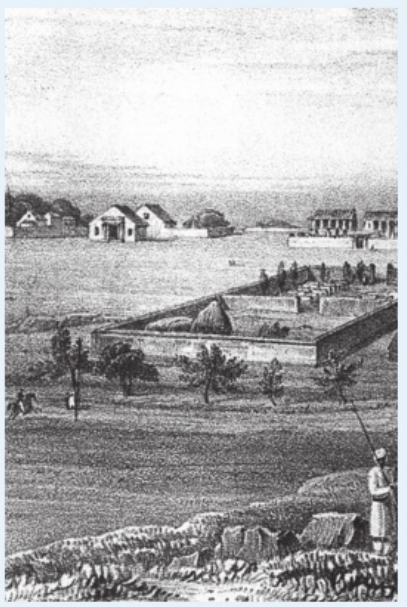
> **"The misuse of antibiotics not only compromises effectiveness but also elevates risks of disease spread**
> – an official

Recent progress includes the discovery of a new antibiotic, zosurabalpin, effective against carbapenem-resistant Acinetobacter baumannii (CRAB). This breakthrough provides hope in the battle against antibiotic-resistant pathogens and underscores the importance of ongoing research and innovation in antibiotic development, added the official.

— Megha Jingade

These initiatives seek to encourage responsible use of antibiotics among healthcare professionals

DID YOU KNOW?



Agaram Cemetery is one of the oldest cemeteries in Bengaluru. This cemetery is located on defence land where civilians do not have access. The oldest grave here is Sergeant Major Kelly's, who was the first to be buried here in 1808. It is also considered to depict Bengaluru's past as it is seen as one of the oldest war memorials. It is a Protestant cemetery and has accommodated the graves of British officials, pastors, and civilians. The tombstones here narrate stories of the deceased and old times.

GET HEARD WITH MIRROR

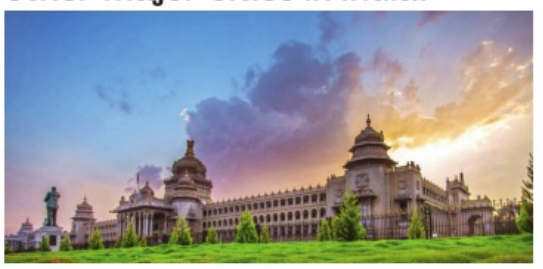
9591233247

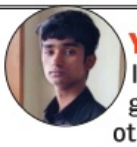
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

In your opinion, what makes Bengaluru unique compared to other major cities in India?





Yash Shinde, BM Reader
In my opinion, what makes Bengaluru truly unique compared to other major cities in India is the unparalleled convenience it offers. The city's emphasis on easy living is evident through the myriad delivery services.

Anuj Sethu, BM Reader
The unique aspect of Bengaluru that stands out to me is the incredible diversity within the city, largely attributed to the booming IT sector. The presence of tech companies has attracted people from all corners of country.

Ananya, BM Reader
For me, Bengaluru's uniqueness lies in its beautiful blend of features that make living here both enjoyable and comfortable. The city boasts a rich food diversity, offering a gastronomic journey through various cuisines.

Mohan, BM Reader
Bengaluru's distinct weather is a key factor that sets it apart from other major cities in India. The city enjoys a temperate climate, avoiding extremes of heat or cold. This pleasant weather creates a favourable environment.

Cheewang Palzor, BM Reader
Bengaluru's unique identity is shaped by its remarkable blend of tech innovation, cultural diversity, and a strong sense of community. It serves as a hub for cutting-edge technological advancements.

Nirmal Kumari, BM Reader
In my perspective, Bengaluru's standout feature is the incredible diversity among students. The city is home to numerous prestigious universities, attracting students from all corners of India.

SPEAK TO US

What are your thoughts on Bengaluru's startup culture and its impact on the city's economy and job market?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

THE SUNDAY READ

‘I oppose anything unscientific, pseudoscientific, or rooted in faith’

Tete-a-tete with Dr Cyriac Abby Philips on alternative medicine, health myths and more...

| R Prashanth Vidyasagar
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Dr Cyriac Abby Philips is also known by his social media persona The Liver Doctor

Meet Dr. Cyriac Abby Philips, also known as The Liver Doctor on social media. Unlike many online voices, he doesn't just rely on a good internet connection and search engines. Dr Philips, a specialist in Hepatology and Liver Transplant Medicine, has been a doctor for 17 years, specialising for 15 years, and a super specialist for eight years.

Even with achievements like the Gold Medal for Academic Excellence in Hepatology from the President of India in 2016 and the American Association for Study of Liver Disease Award from 2015 to 2017, Dr Philips is not just confined to traditional medical settings. Instead, he's taking on big names and challenging popular health myths. We talk to Dr Philips about his views on alternative medicines, standing up to wellness industry giants, and addressing the idea of a medical mafia. The views are his own, and readers are encouraged to think for themselves when it comes to health decisions. Excerpts:

■ When did you start your journey as a The Liver Doc on social media, and what motivated you to do so?

In March 2019, I embarked on my social media journey, spurred by the necessity to bring scientific publications on Ayush-induced liver injuries into the public domain. Despite these publications garnering attention within academic circles, I continued to witness cases of avoidable liver injuries in my clinical practice. The tipping point was a tragic incident involving the death of a patient due to liver injury (caused by consumption of 'nutritional' supplement). This compelled me to bridge the gap between scientific findings and public awareness, prompting my foray into the social media world.

■ Your stance against alternative medicines is clear. Can you explain why you oppose these practices?

My opposition is not confined to alternative medicines alone. It extends to anything unscientific, pseudoscientific, or rooted in faith when it comes to healthcare. Alternative medicine, as I see it, is a form of reckless fraud masquerading as medicine. It thrives on human desperation, gullibility, and the promotion of extraordinary claims without the backing of extraordinary evidence. In essence, I stand against practices that mislead patients with unverified assertions, relying only on anecdotes and promotions.

■ What gives you the confidence to challenge the world of alternative medicine, and can you share an anecdote that highlights the repercussions of your actions?

My confidence stems from a robust body of evidence, including research on ashwagandha and Giloy-related liver injuries. These studies not only debunk claims but also underscore scientifically validated risks associated with alternative medicines. Last year, my group 'The Liver Research Club India' published the largest series on ashwagandha-related liver injuries, establishing evidence beyond anecdotes. This research and validation by independent scientific groups contribute to my confidence in challenging the alternative medicine landscape.

■ Through your career, what are some misguided reasons patients have sought your help for?

A considerable portion of my clinical practice revolves around what I term as "deprescription." Patients approach me seeking confirmation of diagnoses to reduce the pill burden imposed by previous doctors. One prevalent misconception is regarding the treatment of fatty liver disease. Doctors often prescribe unnecessary medications based on ultrasound grades of fatty liver, causing fear among patients. Other misguided reasons include dietary myths during liver disease, such as avoiding dairy and meat, the notion that a vegetarian-only diet is ideal for the liver, and the belief that occasional or low alcohol consumption is safe. It's crucial to dispel these misconceptions and educate patients and doctors on evidence-based practices.

■ Your response to accusations of having a personal bias against alternative medicine?

People who accuse me of bias against alternative medicine lack scientific temperament, are devoid of critical thinking skills, are educated, but not intelligent, maybe intelligent, but not rational, maybe rational, but not logical. I would suggest they unlearn, relearn and improve their understanding of science, medicine, evidence-based practice, rationality, logic, and humanism, and their confirmation biases will melt away and they will see my messages rather than see me.

■ Can you address claims that Ayurveda has controlled various health conditions, with many following these practices for decades?

Claims of Ayurveda's success need to be critically evaluated. Extraordinary claims require extraordinary evidence, and as of now, such evidence is lacking. Practices from centuries ago may not align with modern medical understanding. It's essential to embrace the scientific method and rely on validated, evidence-based practices rather than antiquated beliefs.

■ What about the claim that modern medicine, or allopathy, has major long-term side effects and negatively impacts organ health?

There is no argument there. Standard medical care, using tested and regulated medications has its benefits as well as adverse events which are well known. But, the benefits outweigh the risks when used rationally and based on evidence. For eg, the dose of paracetamol, the anti-fever medicine in infants, kids, adolescents, adults, and the elderly, and in pregnant women and those with pre-existing liver disease has been established through dose defining and safety studies. But, the dose of any traditional medicine that may be used for fever, or the safety of such use remains undefined. Anyone can claim anything, but scientific data and evidence must also come with it. The argument that modern medicines have side effects does not make alternative medicine a better choice in fact, the lack of safety and effectiveness makes alternative medicine an absolute mockery of healthcare.

■ Are allopathic doctors mistaken when they prescribe both modern and alternative medicines?

Absolutely. The practice of prescribing both medicines is wasteful, unethical, and financially burdensome. It lacks a rational basis and compromises patient well-being.

■ How do you perceive and evaluate claims of a "medical mafia" consisting of inaccurate diagnoses, excessive prescriptions, and vaccine recommendations to maintain control over individuals?

While acknowledging issues like overprescribing and negligence exist in the medical field, media exaggeration of controversies and conspiracy theories only serves to create a divide. It's essential for the media to adopt a more scientific approach to medical reporting, addressing real issues without sensationalism.

■ How do individuals develop trust in prescribed treatments?

Trust in prescribed treatments should be founded on scientific evidence and effective communication by medical practitioners. While alternative medicine practitioners may excel in building rapport, trust in science, rather than rhetoric, should guide healthcare decisions.

Brief thoughts on the following theories in a word or sentence

Turmeric reduces inflammation in the body and is beneficial for liver

- Turmeric reduced inflammation in cells and tissue studies done inside a lab under controlled conditions. Turmeric has no benefits on the liver in humans and has not been recommended or approved for use in preventing or treating any liver disease known to humankind. For now, turmeric is excellent in curries and not in capsules.

Two drinks a day is ok

- There is no safe level of alcohol that benefits health. Any amount of alcohol can increase the risk of 21 types of cancers, of which seven are directly related to alcohol use and reduce brain volume leading to brain degeneration. Alcohol is a systemic poison and not just a liver poison and poisons have no safe limits.

Brandy with hot water is the best remedy for cold and cough

- Brandy with hot water as a remedy for cough and cold was a devilish but foolish plan devised by someone with an alcohol-use disorder who wanted to keep drinking even when sick with a viral infection or such illnesses.

White-topping juggernaut rolls on

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

BBMP extends plan by 1.88 km at estimated cost of Rs 774.7 cr; MG Road also on the agenda

The Bruhat Bengaluru Mahanagara Palike plans on comprehensive development of an estimated 63 km of city roads by white-topping them and building proper footpaths. The detailed project report shows BBMP has extended package of white-topping by 1.88 km.

White-topped roads are touted to last 10-15 years against the five-year life span of asphalted roads and are being seen as effective solutions by BBMP despite being a cost-intensive method. The BBMP has floated a tender for comprehensive development of 63 km at the cost of Rs 774.7 crore. The biggest package out of the lot was Package 6 comprising whitetopping of Hennur Bagalur Road from Hennur Railway Cross to Bagalur Cross at the cost of Rs 136.13 crore. BBMP has proposed an 8.5m wide carriageway with a 2m wide footpath.

Recently, the Karnataka government had approved a Rs-1,200-crore plan for the whitetopping of roads.

BBMP has previously proposed 61.12 km of road stretches across Bengaluru for Rs 754.74 crore in December 2023. BBMP also conducted a DPR for the stretches at the cost of Rs 75.9 lakh.

It has previously implemented comprehensive development of roads as per TenderSURE standards. As per the standards, along with whitetopping, the plan involves development of carriage way with uniform lane widths, development of a footpath and pedestrian friendly ways, construction of utility ducts, construction of proper Tertiary Stormwater roadside drain, development of junction across the road, beautification of the footpath, junctions, provision of street furniture (signages, lane marking)and provision of LED street lights.

The contract for the whitetopping of work would be drawn for 11 months including the monsoon period. BBMP plans to finalise the tender by the end of the month and receive approval by next month. As per BBMP budget, whitetopping work was planned for 150 km of road for Rs 1,410 crore in 2023-24.

Despite public opposition, BBMP has also decided to whitetop MG Road and as per the tender, the plan is to whitetop the stretch from Brigade Road junction to Trinity Circle. BBMP plans on white topping 2.25km from MG Circle to Trinity Circle and is part of Package 2 comprising 7.38km of road. The stretch will have an 11.50m carriageway and 2m wide, 60mm thick paver block footpath.

"We have noticed that this stretch from MG Circle to Trinity Circle is in a terrible state. We will be milling the surface of the asphalt layer to meet the 75mm requirement and then it will be asphalted," said a senior BBMP official.

"We will have to plan stage-wise traffic management for whitetopping of the roads. Once we get approval from the government, we will discuss with traffic officials for effective traffic management," he added.

How treated wastewater can offset freshwater use

CONTINUED FROM PAGE 1

city's landscape, will be a step in the right direction.

"Treated wastewater could prove to be the most effective way to offset freshwater use. We propose that those complying with the necessary water quality standards prescribed by KSPCB be allowed to trade their excess treated used water (TUW) for reuse for curing and earthworks in construction, indirect potable reuse, irrigation of green spaces, etc.," added Mallya.

These residential complexes said since STPs are located closer to the potential buyers for reuse of treated water it will greatly incentivise apartments with green credits as well for sustainable living and help fight climate change.

They highlighted commercial usage of treated wastewater by the Bangalore Water Supply and Sewerage Board (BWSSB).

"Treated water from BWSSB's STPs is already being used for commercial purposes. There are standards and guidelines already in place by the Karnataka State Pollution Control Board around the usage of treated wastewater. Residential complexes should also get this opportunity," said a member of an apartment complex in Yelahanka.

Experts noted while the city is staring at a water-scarce summer, there is an opportunity for BWSSB to collaborate with these decentralised STPs that are generating 250 MLD of treated water every day.

"BWSSB treats nearly 1,000 MLD. With both sources put together, we can combat the looming water crisis, given the right policy in place. This will help reduce consumption from Cauvery and groundwater," added an RWA member of an apartment complex in Dollars Colony.

According to Shravanth Donthy, co-founder and CEO, of Tankerwala, a mobile application startup to book and supply freshwater tankers on-demand in the city, the startup is currently sourcing around 2 MLD of excess treated water from sewage in the city every day.

This water is used for construction purposes as it complies with IS456:2000 standards of the construction norms and in some cases, the treated water is further processed to bring to drinking water standards. However, there is a lack of awareness among developers regarding the use of treated wastewater in the industry.

"The construction industry could be the biggest consumer of the excess treated water in the city. The usage of treated wastewater is in its early stages and is only used by some contractors.

Once more developers start to use this water, we can source from more apartments. We encourage apartments to list themselves as sellers of treated wastewater on the BluCRED online marketplace to trade the treated wastewater.

This will help construction companies to source treated water for construction," said Donthy.

BM Health

Consumer Connect Initiative

How dieting, weight suppression and misuse of drugs can contribute to eating disorders

Up to 72 per cent of women and 61 per cent of men are dissatisfied with their weight or body image, according to a U.S. study. Globally, millions of people attempt to lose weight every year with the hope that weight loss will have positive effects on their body image, health and quality of life.

However, these motivated individuals often struggle to maintain new diets or exercise regimens. The rise of medications such as semaglutides, like Ozempic or Wegovy, might be viewed as an appealing "quick fix" alternative to meet weight loss goals.

Research led by our team and others suggests that such attempts to lose weight often do more harm than good, and even increase the risk of developing an eating disorder.

Weight loss and eating disorders

Eating disorders are serious mental health conditions primarily characterized by extreme patterns of under- or over-eating, concerns about one's shape or body weight or other behaviours intended to influence body shape or weight such as exercising excessively or self-inducing vomiting.

Suppression

In eating disorders research, the state of maintaining weight loss is referred to as "weight suppression." Weight suppression is defined as the difference between a person's current weight and their highest lifetime weight (excluding pregnancy).

Despite the belief that weight loss will improve body satisfaction, we found that in a sample of 600 men and women, weight loss had no impact on women's negative body image and was linked to increased body dissatisfaction in men. Being more weight suppressed has been associated with the onset of eating disorders, including anorexia nervosa and bulimia nervosa.

One proposed explanation for the relationship between weight suppression and eating disorders is that maintaining weight loss becomes increasingly difficult as body systems that reduce metabolic rate and energy expenditure, and increase appetite, are activated to promote weight gain.

There is growing awareness that weight regain is highly likely following conventional diet programs. This might lead people to engage in more and more extreme behaviours to control their weight, or they might shift between extreme restriction of food intake and episodes of overeating or binge eating.

Of dieting & drugs

The growing market for off-label weight loss drugs is concerning, because of the exacerbation of weight stigma and the serious health risks associated with unsupervised weight loss, including developing eating disorders. Researchers and health professionals are already raising the alarm about the use of GLP-1As in children and adolescents.

Popular weight-loss methods, whether pills or "crash diets," often mimic symptoms of eating disorders. For example, intermittent fasting diets that involve long periods of fasting followed by short periods of food consumption may mimic and increase the risk of developing binge eating problems. The use of diet pills or laxatives to lose weight has been found to increase the risk of being diagnosed with an eating disorder in the next one to three years. People who are dissatisfied with their weight or have made multiple attempts to lose weight often feel pressured to try increasingly drastic methods. However, any diet, exercise program or weight-loss medication promising a quick fix for weight loss should be treated with extreme caution. At best, you may regain weight; at worst, you put yourself at risk for much more serious eating disorders.

(Samantha Withnell, Lindsay Bodell, Western University, The Conversation)

HEALTH TIP: Vitamin E works as an antioxidant, protecting cell membranes from damage due to free radicals

Few foods are naturally rich in vitamin D3, such as the flesh of fatty fish and fish liver oils, egg yolks, orange juice and cheese

BangaloreMirror 9
Sunday, February 4, 2024
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Art of sushi

With these recipes, you can try your hand at the Japanese staple that takes cooking to level of fine art

RAINBOW SUSHI ROLL

Prep & Cook Time: 1 hr 30 mins
Serves 2

INGREDIENTS

Sushi rice	80 Gm
Salmon fresh	50 Gm
Mizkan vinegar	20 Gm
Maguro red tuna	50 Gm
Crab meat	50 Gm
Qp mayonnaise	10 Gm
Crab stick	50 Gm
Avocado	25 Gm
Tobiko red	25 Gm
Spring onion	10 Gm
Nori sheet	10 Gm
Wasabi powder	10 Gm
Pickles ginger	25 Gm
Kikoman soya	20 ML
Bamboo leaf	20 Gm
Nori sheet	10 Gm

TOPPING:
- Layering of Rainbow sushi roll is made up of fresh fish and chopped avocados.

METHOD
- Cook the rice. Once cooked, transfer to a large bowl and let it cool down slightly.
- When the rice is still warm, stir in the sushi vinegar and mix well.
- Cut the nori sheet into two equal pieces using a pair of scissors.
- Place half of the nori sheet on top of the bamboo mat, shiny side facing down.
- Take 3/4 cup of cooked rice and spread it over the nori sheet evenly using your hands.
- Flip everything so that rice is facing down. Place imitation crab and avocado slices in the middle of the sheet.
- Place the thumbs underneath the bamboo mat and lift the edge up and over the filling.
- Start rolling away from the mat and apply some pressure to firmly keep the roll in place. Apply some pressure to make the roll tight. Keep rolling until the ends meet. Remove the plastic wrap, and set the roll aside.
- Place the salmon filet on the cutting board, slice the salmon against the grain, with an angle of 45 degrees. Cut the salmon into about 1/5-inch slices.
- Use the same technique, and cut the yellowtail and tuna yellowfin into 1/5-inch slices.
- Cut the other half of the avocado into very thin half-moon slices.
- Layer the rainbow toppings on top of the sushi roll. Start with a slice of yellowtail, followed by avocado, salmon, tuna, with some overlap to cover the roll. Repeat the order until you come to the end of the roll.
- Arrange the layer to cover the roll properly. Then place sushi wrap on top, and cover with the sushi mat. Squeeze gently to shape the toppings around the roll.
- Remove the mat from the roll while keeping the wrap. Then slice the roll into bite-size pieces.

PHILADELPHIA ROLL

Prep & Cook Time: 45 mins
Serves 2

INGREDIENTS

Sushi rice	100 Gm
Salmon fresh	50 Gm
Mizkan vinegar	20 Gm
Salt	5 Gm
Nori sheet	10 Gm
Qp mayonnaise	10 Gm
Cream cheese	20 Gm
Avocado	25 Gm
Cucumber	25 Gm
Spring onion	10 Gm
Schimi togarasi	50 Gm
Wasabi powder	10 Gm
Pickles ginger	25 Gm
Kikoman soya	20 ML
Bamboo leaf	20 Gm

TOPPING: None

METHOD
- Season the sushi rice with the rice vinegar, fanning and rousing until room temperature.
- On the rolling mat place one sheet of nori with the rough side facing upwards.
- Wet your hands and grab a handful of rice and place it on the nori. Spread the rice evenly throughout the nori without smushing the rice down.
- Arrange, in a horizontal row 1 inch (2 cm) from the bottom, smoked salmon, cream cheese, and cucumber.
- Grabbing both nori and the mat, roll the mat over the filling so the extra space at the bottom touches the other side, squeezing down to make a nice tight roll. Squeeze down along the way to keep the roll from holding its shape.
- Transfer the roll onto a cutting board. Rub a knife on a damp paper towel before slicing the roll into six equal portions.

GIANT URAMAKI

Prep & Cook Time: 45 mins
Serves 2

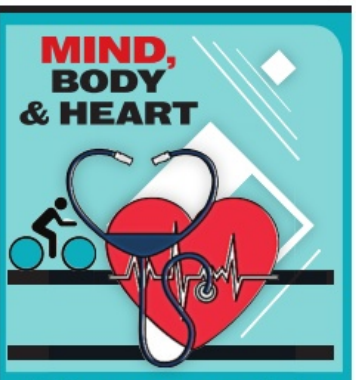
INGREDIENTS

Sushi rice	80 Gm
Sugar	20 Gm
Mizkan vinegar	20 Gm
Salt	05 Gm
Prawn 16/20	50 Gm
Qp mayonaise	10 Gm
Cream cheese	20 Gm
Avocado	25 Gm
Mango sweet	25 Gm
Spring onion	10 Gm
Tempura flour	50 Gm
Wasabi powder	10 Gm
Pickles ginger	25 Gm
Kikoman soya	20 ML
Nori sheet	10 Gm

TOPPING: None

METHOD
- Moisten the inside of a sushi rice mixing bowl or a large bowl to prevent the rice from sticking. The rice needs to be freshly cooked and hot when preparing sushi rice. Place the 660g cooked japanese rice in the bowl and add the 50ml sushi vinegar. Gently mix the vinegar into the rice using a rice paddle until the vinegar is well incorporated. Let the sushi rice cool down to room temperature. Cover the sushi rice with a moistened tea towel to prevent the rice from drying out.
- Cut the 1 sheet nori seaweed into halves, and then place half of the nori on the sushi mat shiny side down. As a golden rule, the shiny side of the nori seaweed should always be on the outside of the sushi.
- Place roughly 110g of sushi rice on the nori seaweed and spread across evenly. Place the sprig of dill on the rice. Flip the nori seaweed and sushi rice so that the nori seaweed is facing upward. Add a small portion of wasabi and place the two strips of cucumber and sashimi grade fish in the centre. Start rolling from the bottom, tucking the edge of the roll to fully enclose the filling. Lift the edge of the mat and continue to roll forward until the sushi is formed into a firm cylinder.
- Slightly wet the blade of a sharp knife and slice the roll into 6 pieces. First, slice it into halves and then the halves into thirds. Clean the knife with a wet towel between cuts to prevent the rice from sticking to the knife.
- Serve with soy sauce. Feel free to garnish with other foods such as white / black sesame seeds, tobiko, chives, etc.

Recipe by Chef Rungtiwa, Expat Thai Chef, Sheraton Grand Bengaluru Whitefield Hotel and Convention Center



All you need to know about...

Weight cycling

Yo-yo dieting
A new qualitative research looks at the negative interpersonal and psychological consequences of 'yo-yo dieting,' or weight cycling. The piece stresses the hazards of yo-yo dieting and how difficult it is for people to break the cycle.

Fad diets
"Yo-yo dieting – unintentionally gaining weight and dieting to lose weight only to gain it back and restart the cycle – is a prevalent part of American culture, with fad diets and lose-weight-quick plans or drugs normalised as people pursue beauty ideals," says Lynsey Romo, corresponding author of a paper on the study and an associate professor of communication at North Carolina State University.

Combat weight cycling
"Based on what we learned through this study, as well as the existing research, we recommend that most people avoid dieting, unless it is medically necessary. Our study also offers insights into how people can combat insidious aspects of weight cycling and challenge the cycle."

Addiction with weight
For the study, researchers conducted in-depth interviews with 36 adults – 13 men and 23 women – who had experienced weight cycling where they lost and regained more than 11 pounds. "Almost all of the study participants became obsessed with their weight," says Katelin Mueller, co-author of the study. "Weight loss became a focal point for their lives, to the point that it distracted them from spending time with friends, family, and colleagues and reducing weight-gain temptations such as drinking and overeating."

Causes harm
This study tells us that weight cycling is a negative practice that can cause harm," Romo says. **IANS**

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BDA Site for Sale, Residential and Commercial JP Nagara, Anjanapura Kanakapura Main Road 30x40, 40x60, 50x80, 80% bank loan. Contact: 9916592400

BBMP B katha facing East west south 3 side road. Near J P nagar 9 phase clear title Contact owner: 9845018051

BANASHANKARI

BDA Site for Sale, Residential and Commercial BSK 6th stage BSK 5th stage, Uttarahalli Rajarajeshwarinagar, ISRO layout 30x40, 40x60, 50x80, 80% bank loan, 9916592400

SALE A-Khatha House in Srinagara, 15x40sqft W/f 1Bhk Ground &1st flr,Loan with icici bank, price:1.10 cr,negotiable,M:9986568487

MARS THE-PLANET 2, 2.5, 3 BHK Flat Located @ BSK 3rd Stage, Opp. to Tata Promont, 8792155802 9972399993 & 9880625336

BSK 6TH Stg 7th Blk 20×30 Triplex Semi Furn GFlr Full Park 1Hall 3Bedroom 5Bathroom 1Storage Room Rs.1.35Cr: 8892956956

2025 SFT Flats for SALE @ Banashankari 2nd Stage near BDA Complex and BNM College. CONTACT : 9945186950/ 9845718076

BANASHANKARI 6TH STAGE- ANJANAPURA BDA-Available/ Wanted 20x30 30x40 40x60, 50x80 Sites BRINDAVAN ASSOCIATES Call- 9980863245

AVAILABLE/WANTED BDA sites Banashankari 6th Stg, Anjanapura, 20x30 ,30x40, 40x60, Genuine Buyers/Seller's Contact: 9901033573 .

SALE 20x30, 30x40 Triplex & Rented House's BSK 6th Stage Anjanapura Fully furnished Granite Flooring, With Lift Call: 87227 77999 / 94498 12176.

BDA Site at BANASHANKARI 6th Stage 4th Block 40x60 E/F good location near RV architect College Ready for construction & 30x40 Sites Call: 9740190896

BSK 6th Stage 4th Block, 40X60 E/F, 40ft Rd Behind RV college, Good Resi. Location Owner Meeting Skanda Properties: 9845777100 / 9972777881.

WANTED BDA SITES IN BANASHANKARI 6TH STAGE/ANJANAPURA IMMEDIATE SETTLEMENT . CT : 9535575774 / 9343668888.

BANGALORE - CENTRAL (GPO)

SHOP FOR Rent Ground Floor 550sft First floor 1200sft near Tata West Side Mall Off Commercial Street. Owner 9980797111

BANNERGHATTA ROAD

RAJA IRIS & RAJA ISLAND BBMP A KATHA SITES FOR SALE Off Bannerghatta Road Bengaluru. READY TO CONSTRUCT Call: 9108742949

BTM 2nd Stage 30x40 House 2.50cr, 30x50, Vijay Bank Layout 40x60 JPNagar 50000sft Commercial Property & 2,3 BHK flats Available: 9945699813

SITE SALE 32.48L. total sites 72. Nr Bannerghatta. Bank loan Availble: 40gms gold offer M:9535780007/ 9535065187/ 9901683698

BASAVANAGUDI

HANUMANTHNAGAR, Commercial 40x60 N/E Corner (can split into 2 Plot) & Residential 40x60, 35x60 30x35 E/F 8618373754

PRIME LOCATION With Lift Burma teak Built up 6000 Sft "Going Cheap" SERIOUS BUYERS only Call:"Goldline" 98450 33756

SALE Basavanagudi Prime Location Flat 3BHK 1550 Sft North Face A Katha Clear Tittle Ready Occupation Call: 9886019240/ 080 26623994

BASAVESHWARA NAGAR

35X125 SOUTH EAST NORTH (3 Sides Roads) Corner with G+1 Building Rental income 2Lakhs For Sale Rs 7Cr.Ph:9845 488 488

BTM LAYOUT

2BHK Flat For Sale @ 35 Lacs Inclusive all Situated in Kodichikkanahalli BTM 4th Stage off B G Road Near Vega City Mall Call: 8105807101

COOKE TOWN

1925 SFT Apartment with Hi End Fittings 3BHK with Maids Toilet & Room For Sale @ 2.3Cr Call Owner: 9845311141

CHAMARAJPET

CHAMARAJPET 10000 sft Commercial Site for Sale @ Prime Location Suitable for Apartments, Shopping Mall, Hospitals. Etc. 9902925519

DEVANAHALLI

FROM 1, 2, 2.5, 3 Up to 10 acre Land for sale @ Nandi hills Chapparkallu road, Rs.4.5Cr onwards only Genuine buyer 9739211110

NANDI HILLS, North Gardens, North facing 30x50 3 nos adjacent plots for sale. Rs.2250/ sft (nego). No brokers. Contact 9845155130

DODDABALLAPUR ROAD

PRESTIGE NORTH WEST COUNTY Luxurious Residential Sites available For Sale Genuine serious buyers only Contact: 9342020101

DOLLARS COLONY

DOLLARS COLONY Behind Sterling Apts. RMV 2nd Stage. Flat 2BHK @65Lac & 3BHK @75Lac, Limited offer: 9538188399

3300sqft North Facing Property Calm and quite Location for Sale Call GK Properties Mob: 7676000006

ELECTRONIC CITY

EARN RS.50,000 returns P.M for an investment of Rs.50 Lakhs or Rs.30,000 returns P.M for 30 Lakhs. www.bhaarathbuilders.com. Call: 9019694817.

FULLY FURNISHED AND RUNNING RESTAURANTS FOR SALE AT ELECTRONIC CITY AND KUNDANAHALLI FOR MORE DETAILS CONTACT: 90006 33918 / 934329999 / 96420 73072

GIRINAGAR

RESIDENTIAL 30X55, 30x50, 40x60 AND Also Available in Kathriguppe Water Tank Surrounding. Agents Welcom 8618373754

HBR LAYOUT

HBR LAYOUT INDIVIDUAL DESIGNER VILLA, BBMP A KATHA, PLOT SIZE IS 40x60, FOR SALE CONTACT: 9108742949

HEBBAL

UNISHIRE TERRAZA 2BHK flat for SALE on the 12th floor,1430 sq ft, 1 car park & Vaastu compliant. Price 1.10. 9844029742

HENNUR

8200 SFT EAST FACING 'A' KATHA SITE FOR SALE. SUITABLE FOR: APARTMENT AND PG. CONTACT: 9845608000

HRBR LAYOUT

URGENT SALE
50x80 E/F Site
@ HRBR Lyt, Kalyan Nagar. Rs 23K Per Sft
30x90 W/F Site @ Rajajinagar Near
Fortis Hospital & Metro Stn
Rs 19K Per Sft

PREMIUM Properties on 40 Feet Road PRIME LOCATION 'Going Cheap' SERIOUS BUYERS only Call:"Goldline" 98450 33756

HSR LAYOUT

HSR SALE 50x80 SF Rs.26000/- Excellent Location opp BDA complex and Sector 7, 50x80 NF Rs.22000/- Suitable for built pg building. Call : 9343827680.

WANTED HSR LAYOUT BDA Sites 30x40, 40x60, 50x80 in all SECTOR Immediate Settlement Owners/ Sellers/ Buyers Contact: 9686750396.

FOR Sale HSR 1st sector 30X40 East Facing and west facing next to 27th Main Rate rs. 3.25 Cr. Nego Direct Meeting with Owner Call: 9845004282

FOR Sale New Building 30x40 South facing Rental 3.5L PM Excellent location and ITI layout 30x40 West Facing Rental 2.26L PM. Ct : 8861513227

HSR 20x30 duplex house 1.6Cr, 30x40, 40x60 Houses with good Rental income, 30x40 40x60 Commercial & Resi. sites sale. Krishna- 9886294610/ 7760526548

HSR Sale 40X60 Duplex 4 BHK House @ Prime Location Rs.7Cr. Buyers Plz Ct Rama chandra (Ex-army Person) for genuine transaction 9845509093

INDIRA NAGAR

READY2 MOVE FLAT Close to Rameshwaram CAFE Indiranagar, Posh Locality. More Details Call: 99024 50066

SALE Commercial Property 40X60 off 100 Feet Main Road Indiranagar, Contact +919901115611 +918431659271 Agents and Brokers Excuse

GOLDEN Opportunity to Own Plots in Indira Nagar 4000 Sft West Facing Close to 100 Feet Road and 2400 South Facing. Ct: Midford 9342580650

DEFENCE Colony 80x100 @36k/sft. 50x70@ 35k/sft. 40x60 @35k/sft, 3BHK flat 2000sft with 1100sft private Garden @3.9cr Contact: 9845208012

INTERNATIONAL AIRPORT - AROUND

BIAAPA APPROVED 40x60 Plot E/F for Sale in Airport Residency, Chikkajala. Rs 3300/ Sqft Negotiable Call: 9880466116

6000 Sft. East facing plot for sale in Swiss Town. Excellent property. Just 4 Kms. from Blr Airport. Genuine buyers contact : 912 912 5559

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JAKKUR

4 ACRES APARTMENT LAND FOR SALE Srirampuram Village Near Manytha Tech Park

4ACRES LAND Sale 3 Sides Road 2 Sides 40ft Road & 1 Sides 60ft Road BBMP Limits Rs. 4500/- Negotiable Call: 9916826976

JAYANAGAR

VARAHI GURU Jayanagar 1st & 4th Block 3 BHK Flats 1800 sft, Ready to Move For Sale with Italian marble & Teak wood Doors Ct: 9980325555

URGENT SALE 30x50 N/F 40x54 S/F 40x54 N/F @ JAYANAGAR 8th Block

PREMIUM LOCATION Near Park & Metro Station Prime Properties Serious buyers Only Call: "Goldline" 98450 33756

JAYANAGAR 4th T Block 3 BHK,Flat For Sale 1780sft, North Facing, BSK 3rd Stage, 30x40, South East Corner Site For Sale Contact: 9148736555.

COMMERCIAL space of 1800 SBA available next to Ganesha Temple, Jayanagara 4th block. 9902264640/9845992873

JIGANI-ANEKAL

ANEKAL PLOT available @low price with all facilities & Dimensions Booking open cont immediately - 8867516611.

JP NAGAR

URGENT SALE 40x60 Commercial Site @ JP Nagar Ring Road 40x60 N/E Corner Residential Site @ JP Nagar 2nd Phase

PREMIUM LOCATION NEAR COFFEE DAY PRIME PROPERTIES SERIOUS BUYERS ONLY Call:"Goldline" 98450 33756

READY To Move, Opera Tranquil Earth J P Nagar 9th Phase, OC Received, A Khatha, Few Units Available, 2BHK/2.5BHK/3BHK. Call : 9620408097, 080-41230476.

KALYAN NAGAR

MILE STONE Residency 3 BHK NEW APARTMENT FOR SALE, #907, 3 'C' CROSS, HRBR 1st block, Kalyannagar Bangalore - 43 Ph. 9448149203/9620231143

KANAKAPURA ROAD

WANTED SITE 50x80, 40x60, 30x40 Narayana Nagar, BCMC Layout, Anjanapura BDA, BSK 6th Stage, Gubblala, Agents Excuse. Contact- 9380647082.

SALE 40x60 North Facing Site On 45 Feet Road, First Allottee, Judicial Lyt, Kanakapura Road 13500/-Per Sft.5Min from Metro Stn.(Agents Excuse): 9900430381

FOR Sale 40x60 west BDA katha site @ Shankara Residency Kanakapura Rd, Rs.11000/- P.Sft. & 20x30 west old house JP.Nagar 6th phase. 9845183995

INDUSTRIAL land for sale 1.5 Acres N/E corner,Frontage 500ft,Fenced,900mts from Kanakapura main road,10kms before Harohalli. Price 1600 Contact: Anand 9844029742

Sites For Sale 23958 Sqft East Facing To Kanakapura Main New Road 9801Sqft West Facing Kanakapura Main New Road. 100% Vastu Residential DC Conversation Rs. 5250/- Psft

KANAKAPURA MAIN Road 1 Km From Art of Living Contact Owner M Chandrashekar. 9342552428

KENGERI

KENGERI BDA Aprvd 1200Sft SE Corner Site For Sale.Rs 8500 Per Sft,Near Chalaghatta Metro Stn. Brokers Excuse. Genuine Buyers Only Call: 96861 11709

KORAMANGALA

BDA 40x60 Pure residential South Facing Site @ 3rd Block Koramangla walkable distance from BDA Complex for sale. Call: OM Realtors- 9845077219

KUMARA PARK

SALE 30*60 SITE

ON RAILWAY Parallel Road Kumarapark Near Jain Temple, Genuine Buyers And Sellers Call "Niti Estates" 9900001973

KUMARASWAMY LAYOUT

FLATS SALE 2250 Sft Fully Teak Wood, Italian Marbles. 2 Car Park 1.6 Cr Kumaraswamy Layout 15F Bus Stand: 9611144096

MAHALAKSHMI-PURAM

3BHK FLAT FOR SALE 1500 Sqft in Mahalakshmipuram

1ST FLOOR, East facing price 2 Cr Neg, Very near to Mahalakshmi metro station Owner, 8197019442/ 9739291033

VARAHA ENCLAVE @ Mahalakshmi Layout 3BHK 2230 sft Luxury Deluxe Flats Opp ISKCON for Sale Call: 9945381300

MG ROAD & AROUND

SALE 50*80 SITE

IN A Magnificent Location of Lavelle Road Near Bangalore Club, Prospective Buyers Call "Niti Estates" 9900001973

MULTIPLE LOCATIONS

SALE BSK 6th stage 9 Block 30x40 East Facing 70lakh Also 40x60 Facing 6th Block 1.72 cr Negotiable all owners site 9945373839, 9620041313

SALE 30x40 VISHVESWARAIAH LAYOUT 4th Block south facing owner 84 lakh Negotiable owner site. Contact: 9945373839, 9620041313

SALE BDA Anjanapura 5th Block 30x40 south Facing 80 lakh also 20x30 East facing 2nd Block 55 lakh contact 9620041313/ 9945373839

MYSORE ROAD

REPUTED company requires 15 acres of land on the MYSORE EXPRESSWAY FOR INDUSTRIAL PURPOSE .Contact : 9620220214

MYSORE ROAD Kumbalagodu Bangalore Industrial area 11600 sqft land area,16000 sqft Built up area, 150 HP power available for Rent/ Lease / Sale. Call :99451 56100.

NAGARBHAVI

3BHK E/F New Flats 2600SFT on 2nd 3rd & 4th Floor For Sale near Deepa Complex over looking Mallathahalli Lake with 2 cars parking. 9739047289

3 BHK Flat for Sale Jnana bharathi Bangalore University near Nagarbhavi. Price Rs. 80 Lakhs Negotiable Contact 9980941666/ 9986877666

NAGASANDRA

NEW BUILDING for Sale T.G.Hally behind Jindal public school. G+2, PM 30000,Price 1.15 Cr. 9108956254/ 9108275277

NAYANDAHALLI

FOR SALE 3 BHK FLAT SALARPURIA MELODY 1804 Sft with Car Parking

POOL FACING Near Nayandhalli Metro. Vaastu Compliant. Clear Titles. 1.4 Crores. WBS Properties. Ph: 80883 36624

RAJAJI NAGAR

W/F 1ST 'N' Block, 1st B main, # 12, Behind Sardar Patel School & Play Ground. Price- 18000/ Sqft Negotiable. M- 9620164488

FOR SALE 90 x 45 BDA SITE + HOUSE in PRIME LOCATION of RAJAJINAGAR

WEST FACING Nr RTO & Rajajinagar Police Stn. Ideal for Residential/Com -mercial.10.5cr Negotiable. WBS Properties 9845336624

PURVA BLUEBELLE Adjacent to Magadi Road Metro Station (Purple lane) Rajajinagar 3 Bedroom Jodi units 5 Bedroom+Servant room with all luxurious Amenities. Direct metro from here to ITPL (Whitefield) / KR PURAM / BYYAPPANAHALLI Very good Convenience those who are working above areas. Only Few units left for Sale. Contact : Owner 9844027560.

DNR Highline @ Okalipuram near LULU Mall Rajajinagar 3 & 4 BHK FLATS with 7 Star Luxurious Amenities. Only Few Flats available for Sale. For details Contact: Owner 9844027560.

RAJARAJESHWARI NAGAR

BEML LAYOUT 5th Stg Rajarajeswarinagar 3 BHK Premium Flats Ready to Move available for Sale. Call: 9916479488

TRILOK VILLAS and Apartments Premium Plots at Kenchanahalli @ R.R. Nagar. 9008880994 9900199564 & 9972399993

RAMAMURTHY NAGAR

LUXURY VILLA for sale, EAST facing plot area 6300 sft builtup 7000 sft @ T.C.Palya. Price 8 cr nego. Contact: Owner 8197398799

RMV EXTENSION

Sale - 5000sqft Bungalow Built on 50x80 Site East Facing, Contact Arun 9019922999 Broker Excuse

LUXURIOUS 3BHK Apartment 1850 Sqft. Price. 2.9 Cr. RMV 2nd Stage Near Club. Contact: 9036207777/ 9611146463

RT NAGAR

SALE 40*60 SITE

EAST FACING In A Magnificent Location of R.T.Nagar 2nd Block, Genuine Buyers Call "Niti Estates" 9900001973

SADASHIVA NAGAR

SALE 60*90 BUNGALOW

IN A Prestigious Location of Sadashivanagar, Genuine Buyers and Property Sellers Call "Niti Estates" 9900001973

SAHAKARA NAGAR

READY TO Occupy 2 BHK Flat 52 Lakhs 3 BHK Flat 78 Lakhs, Tata nagar kodigehalli 'A' Khata, OC, CC, srinivas.9880000050

COMMERCIAL 1680 sft G+ 4 floor each 1200 sft carpet area rent expected 3.5 to 4 lakhs for sale. Call 9448224541/ 8660537949

SANJAY NAGAR

@ AECS Layout, With old House 45x40 for sale West facing Calm and quite Location. Ct: GK Properties 7676000006

SARJAPUR ROAD

A-KHATA Prime plot 5500 sft for Sale @ LAKESHORE HOMES Kasavanahalli, off Sarjapura Road. Brokers excuse. Call : 9113568306.

REQUIRED 4000 to 6000 sft site for Purchase in sunny brook layout. Near Wipro carpet office. Sarjapur Road. Buyers please Ct 9611668004.

FOR SALE VILLA at Adarsh Palm Retreat at 15 crs. Plot 4800, built 3700 sft in phase 1 with Khata. Good location. 9886111960

ULSOOR

SALE Ready Brand new apartments, 4BHK 3600 Sqft, Near Ulsoor Lake, Marble flooring & Prem ium fittings, 9901055002

UTTARAHALLI

2200SFT 3BHK READY TO MOVE. Independent Builder Floor AGS Layout Uttarahalli. Italian marble & Teakwood, Pooja Room. Contact: 7996126565

OC/ CC Project 2, 2.5 BHK car park, amenities,- Vastu at Uttarahalli close to Metro.Basic Rs.6500 psft 9886191552 / 9916999970

FOR Sale Ready To Move in, 3BHK Flats at poorna pragna layout. NF 1200Sft @78 lacs + reg. EF 1360Sft @88lacs+reg. P:7996126565

3/4 BHK New Luxurious Flats Sale, Italian Vitrified, Cauvery, Security, Car Parking. near Vasanthswamy Temple. 70L/ 90L. call: 6360501159, 9844394444

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VIJAYA NAGAR

3 BHK 2145 sft Luxurious flats in BDA residential layout, Prasanth nagar near Shoba hospital. Price 2.2cr. Call: 9035288117

OLD HOUSES For Sale 1) Built on 30x38.6 Site (North) 2) Built on 40x90 Site Brokers Timepassers Excuse: Call: 6364003399

VISVESWARAIAH LAYOUT

VISVESWARAIAH Lyt 1st Blk Attached, Balaji Layout 40x60 North Facing A Katha, Near 100Ft Road, 7000/- Per Sft: 9845 488 488

BDA Site for Sale, Residential and Commercial Nagarbhavi, Vijaynagar, Basaveshwar Nagar, Sir M Vishveshwaraiah Layout, Kempegowda Layout- BDA Mysore road 30x40, 40x60, 50x80, 80% bank loan, Contact: 9916592400

40X60 Site Vishweshwaraiah Layout 5th Block Near Vidya School Direct Owner & 30X40 Site Sale 7th Block East Only Genuine Buyer Call: 8550003509

VISHVESHWARAIAH Lyt Wanted/ Available 20x30,30x40, 40x60, 50x80 Imme settlement Genuine transction. "Anugraha Constructions" - 98862 94610

AVAILABLE/WANTED BDA Sites in Vishweshwariah Layout 50x80, 40X60, 30X40, 20X30 Genuine Buyers And Sellers. Contact: 9743381719

YELAHANKA

BBMP LIMITS Plots For Sale Yelahanka Nagenahalli Size 30X40, 25X40 Bank Loan Avab, 9886889443, 9886944445,

YELAHANKA 40x60 East Facing Pure Residential Site Just Behind Legacy Estilo Apartment Genuine Buyers only Call Mahadev: 98864 26406.

SALE Exclusive 3BHK Flats Under Construction Yelahanka, Newtown A Sec. 9986259595, 9886415554 rsrprop@yahoo.co.in

YESHWANTHPUR

YESHWANTPUR Premium Site For Sale Near Modern Bread Factory 12000 Sqft North East Facing. Contact: 9740992222

BUNGALOW & VILLA

SALE FANCY Luxurious Architect Bunglow Site 50x80 Builtup 7000 Sft Vijayanagar Contac Owner: 9900180128

FARM HOUSES

1800 Sft Farmhouse with 63 Cents (27,442 sft) Land in a Gated Community for Sale @ 90 Lakhs Just 35 Kms From Sarjapur Call: 6364684242

LAND FOR SALE

INDUSTRIAL CONVERTED Land at Manchaanahalli, Cargo road, Devanahalli Rate Rs 3000/- Contact 9845048193

Wanted 2 to 50 Acres Land in & Around Bangalore for Joint Venture and Outrate. CALL : 8618987855

WANTED Lands for purchase converted/agri around B'lore Devanhalli STRR Nandi Hills IVC Rd Sarjapur Anekal Mysur Rd. Ct 9739199786 wanted TDR

FOR SALE

BANGALORE

KORAMANGALA, 7th Block, Individual Building 11Bhk, 3000sft, BDA 20*40 site for Sale. 1.8Cr. Call 9059387034, 7989200927

FOR sale: 3BHK semi-furnished flat in a boutique apartment complex at Chikkagubbi, Hennur Road. PH: 8073743699 for details.

MYSORE

FOR Buying & Selling any Mysore Properties Contact: Mysore Estates, Vishwanath Gowda 9590911111. *Refer genuine Buyers & Sellers, get attractive gifts. 0% Brokerage

INDUSTRIAL SHED FOR SALE IN MYSORE- 5200 sqft,Clear Title,CORNER PROPERTY WITH ALL AMENITIES. 9448951289.

4BHK Villa for Sale Brand new 4BHK villa ready for immediate registration, Vastu Compliant available for sale behind University Layout, Srirampura 2nd stage, Mysore. Price expected: 1.85 cr (negotiable) For more details call : +91-9606907153

FLATS RESALE

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MG road near studio apartment, cambridge layout Rs.29 lac onwards, 100% power backup, 24hr hotwater. ct: 9740714511/ 9740591411

MULTIPLE PROPERTIES

HOUSE & Plots for sale in RT Nagar, Sadashiva nagar & Arkavathy Layout. Earthpro Realty - 9606292211/ 9632546086.

MUMBAI PROPERTIES

MUMBAI

SALE at Byculla near Rani Baug 3 BHK 1265 carpet, 3 Master Bedroom, Car Parking. 2 Lifts, Price 5.50 cr. (All Inclusive). 98215 40733

OUTSIDE BANGALORE

MYSORE

"MUDA" Approved Sites. Near Vijayanagar 4th Stage Mysore, fully developed layout.Sites available in all Sizes.Ready for Registration. Bank loan available.Call : 9036081748 /9945003730.

PROPERTY ANCILLARIES

BUILDERS & CONTRACTORS

FAST TRACK Construction, GENUINE Materials and ALL APPROVALS/ PERMISSIONS taken care. Contact: 9113668306

COMMERCIAL PREMISES

JAYANAGAR RENT Ground 2000 Sft First 2700 Sft Banks/Coffee Shop/ TwoWheeler/Textile Showroom/ Diagnostic & LAB Digital Studio 9886008680

COMMERCIAL LAND 50,000 Sqft FOR RENT in ABBIGERE MAIN ROAD, Very Good Location. For More Details Contact: 9986771925

LAND extend 1acre 1st, 2nd & 3rd floor 28000 sqft car parking 100 Nos power 1000 KV DG will be provided Call: 9900263495

ST. JOHN'S Church Road, Opp Coles Park 400 Sft. 4 Portions Fully Furnished Office Space 9342822252/ 9916922211

PRIME LOCATION Opp Royal Manor Ground 1st 2nd 3rd Floor Totally 4800 Sqft with Lift: 9845017001/ 9844018494

NARAYAN NAGARA, 2nd Block, East South Corner, 80 feet Road, 40 feet Road, 2 Sides Road. Rs. 14,600 /sft Nego 9845286583

GODOWN SPACE Available 4400 Sft For Rent @Banashankari 6th Stage 5th Block East Facing 60Ft Road. Call: 9448136162.

FARMS

FARM PLOTS for sale at Kanakapura Road, Somanahalli. For details scan qr code or call: 9880599707

INDUSTRIAL PREMISES

WE REQD 5000-7000Sft INDUSTRIAL SHED IN PEENYA INDUSTRIAL AREA & INDUSTRIAL LAND ON LONG LEASE. Call: 8431290733

Industrial Warehouse 20000 (GF+ MF) Sqft. at DABASPET, 1st Stage, 1.5 km from NH (Old-4) New-48. 9845094316, 9845017259

LEASE & RENT

FURNISHED WITH Parking/Power Backup @ Andree Rd, Shanthi Nagar, Bangalore, Call KUMAR, 9980919824/ 9591812015

#512, GROUND Floor, 20th Main, 4th "T" Block, Jayanagar. With Battery Backup, Car Parking Area, Italian Marble Flooring.

OFFICE for sell / rent in Surat. 2360 sqft in prime location. Perfect for corporates. Contact 6359305180

WAREHOUSES

AVLB in Harohalli Industrial area 3rd phase, 1st ware house 24,150 Sft, 2nd 17,800 Sft,Call : karthik 9606154546 / 9845551895

Proposed International School, Soraba, Shimoga Dist. Karnataka (CBSE) invites application for the following positions

Principal	
Requirement: Excellent academic credentials, Professional track record and penchant for pedagogical processes. Strong communication and inter-personal skills, needs to provide inspiring Leadership. Capable to plan and implement future-ready activities, passionate in organising capacity building activities for staff with reflective practices, zeal in creating pleasant ambience within classrooms and school.	**Qualification and Experience:** Ph.D with B.Ed and 6 years of Teaching and Administrative experience in a reputed Sr.Sec.School. or Master degree with B.Ed and 10 years of administrative experience as a principal in secondary school
Kindergarten - Teachers	**Available Posts: 03**
LKG and UKG Teachers	**Qualification & Experience:** Candidates with NTT & MTT
Teachers for 1 to 5 Standard Classes	**Available Posts: Kannada -01, English - 02, EVS-01 and Maths -02**
Language Teachers : Kannada, English Subject Teachers : EVS and Maths	**Qualification:** Bachelors' Degree with subject optionals and B.Ed
Teachers for 6, 7 and 8 Standard Classes	**Available Posts: 01 in every subject**
Language Teachers: Kannada, Hindi & English Subject Teachers: Maths, Science, Social Science and Physical Education	**Qualification:** Bachelors/ Masters Degree with B.Ed. B.P.Ed/M.P.Ed for Physical Education Teacher

Applicants for teaching Posts for class 1 to 8 required to have good subject knowledge, Pedagogy, communication skills & sensitivity in handling students and further they must have 3 Years of teaching experience.

Applicants should clearly mention subject and position applied for mail the Applications with updated Resume to: jsissoraba@gmail.com and For clarifications contact: +91 8217844833.
Address: Gundasetti Koppa, Soraba Taluk, Shimoga District, Karnataka 577429

PROPERTY WANTED

Contact: Mr.Pawan 9886020888

WANTED 2-3 Acres Industrial Converted or convertable Land on anekal to thally road or hosur to krishna giri road before Ashok Leyland Unit-II Interested Parties may call 9886020888

education

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Proposals, anyone?
SpaceX invites research proposals for Dragon human spaceflight missions

In a digital dark age

Here's how to protect your photos, videos and other data

If you have grown up with social media, chances are you have taken more photos in the last couple of decades than you will ever remember. When mobile phones suddenly became cameras too, social media turned into a community photo album, with memories kept online forever and ever. Or so we thought.

In 2019, MySpace lost 12 years' worth of music and photos, affecting over 14 million artists and 50 million tracks. If Instagram or the entire internet suddenly disappeared, would you be able to access your precious memories?

We are living in a "digital dark age", a term popularised by information and communication specialist Terry Kuny. Back in 1997, Kuny warned we were "moving into an era where much of what we know today, much of what is coded and written electronically, will be lost forever".

He argued that, like monks from the Middle Ages who preserved books (and therefore, knowledge), we must preserve digital objects of today. Otherwise, future generations will be left with gaps in knowledge about our present-day lives.

People often say the "internet is forever", but digital artefacts like photos and videos are actually unstable and non-permanent. You've likely encountered "linkrot", when a URL to an important source leads to a now-deleted webpage. Hardware becomes obsolete, degraded and upgraded over time. Bit-rot (also called data or file rot, or data degradation) means we may have no physical means to access our past data.

Many people already find it hard to use technology and software that has reached its "end of life". With the lack of backwards compatibility (when updated technology or software cannot support older versions), how will future generations access old data stored in obsolete formats?

Keep multiple copies (and formats) of important data across different devices: SD cards, USB thumb drives, DVD/Blu-ray discs, external hard drives and NAS (network attached storage) boxes.

We are also seeing issues emerge related to ownership of data, particularly when controlled by private corporations. Families have faced legal difficulties accessing the social media accounts of deceased loved ones. Similarly, if Spotify or Netflix shut down tomorrow, you wouldn't own any of the songs or films you stream on a daily basis.

A digital life

For a number of reasons, you may not even notice that we are in the middle of a new digital dark age.

From Google smart homes to contact-tracing technology, life is increasingly digital. Without an app, internet or social media account, it is difficult to verify your identity and gain access to data – even your own. Many people don't even consider non-digital means of recording, proving and living their existence.

With Instagram stories disappearing after 24 hours, and Snapchat and WhatsApp's vanishing messages features, you are probably used to data disappearing instantly.

With the growing need for environmental sustainability, turning to digital formats seems like the responsible solution to reducing our carbon footprint – though have you thought about the e-waste you produce?

Even with data protection laws now giving people the right to have personal data erased, many may not want their data to be preserved forever. Identity theft can occur with social media content that reveals biometric or other personal data. And that's not to mention cyberstalking, cyberbullying, the distribution of "revenge porn" and online grooming.

But despite all these very understandable concerns, there are still good reasons to think seriously about how you preserve the digital artefacts and data that are most important to you.

Protecting and preserving your old data

If you misplaced your phone, could you remember important phone numbers, or navigate streets when lost? If the answer is no, you may want to think more carefully about data preservation.

This is something we should all think about, and not just leave it to digital archivists and preservationists.

When organised efforts are made to preserve data, who decides what should be preserved can become a political issue as much as a technological one.

When it comes to your own digital memories, there are services you can use and steps you can take to preserve data from being lost to history:

Keep multiple copies (and formats) of important data across different devices: SD cards, USB thumb drives, DVD/Blu-ray discs, external hard drives and NAS (network attached storage) boxes. This has to be coupled with ensuring you regularly migrate important data to the newest device or format (remember, avoid bit-rot).

Try (re)discovering analogue trends – board games alongside video games, vinyl records over streaming music, or celebrate the resurgence of Polaroid cameras. Many services are available to convert digital photos into printed photos, albums and physical artwork.

Embrace the ethos of the FAIR principles) – findable, accessible, interoperable, and reusable– so that you and others can locate and access any important data you wish to preserve easily.

Finally, if you come across a rotten link or other missing data, you can explore data preservation initiatives like the Long Now Foundation's publicly accessible Rosetta Project or the Internet Archive, a non-profit library of free digital books, movies, software, music and websites.

(By Esperanza Miyake, University of Strathclyde, The Conversation)

personal

CHANGE OF NAME

I, TAMATGAR HABIBBUNISSA MOHAMMED ALI R/at No.305, B Block, Saikrupa Heritage Benz, Sathya Enclave, Hennur Bagalur Main Road, Geddalahalli, Bangalore-560043, have changed my name to HABEEBUNNISA ALNAVAR vide affidavit dated: 3/2/2024 Before Notary S.R.Nanjunda Swamy Bangalore.

I, NANDINI BAI K, D/o Venkoji Rao and W/o. Pradeep Devalkar, R/at No. 294/64, 9th Cross, Bapuji Layout, Chandra Layout, Vijayanagar, Bangalore- 560040, have changed my name NANDINI PRADEEP DEVALKAR, vide affidavit dated 03.02.2024 sworn before Notary Deepa M, B.lore.

I, Shweta Bajoria R/o Tower 2 Flat A1 502, A - Wing, Godrej Woodsman Estate, Hebbal, Blr-24 Changed My Name Sweta Bajoria to Shweta Bajoria for All Future Purposes.

I, Deepa Shailesh Kamath W/o Shailesh Surendra Kamath R/o 17133, Wing 17, Sobha Dream Acres, Balagere, Varthur, Bengaluru, 560087 have changed my name from Deepa Shenoy K to Deepa Shailesh Kamath for all future purposes.

I, HRISHIKESH RAJENDRA HALLIKERI, Residing at No G6, Sree Primus, Hosapalya Main Road, ITI Layout, HSR Layout, Sector-7, Bangalore -560068. Have changed My name to HRISHIKESH HALLIKERI vide affidavit dated 3/2/2024 before Notary Aravind Patil G.G Bangalore

I, Veena S O R/o #61 Shree Lakshmi Nilaya Veerabhad - reshwara Swamy Layout Kannahalli Kodigehalli B'luru-560091 have Changed my minor son's name from Chandan to Chandan Kallahalli Moganna Gowda for all Purposes.

I, Mohammed Diluwar Hussain residing at No. 286, Jalli Machine Begur Road, Bettadasamapura, Bangalore – 560068 have changed my name to Diluwar Hussain vide affidavit dated 3.2.2024 sworn before Notary V. Anjanappa

I, Sangeetha Lakshmi Bachu, W/o. Babu Gangadharan, R/o: #129, Seethamma Rd, 5th Crs, Chikkanna L/o Ramaswamy - palya Blr-33 have changed my name to Sangeetha Lakshmi Bachu Rajagopalashetty for all purposes.

I, Gangappa Sugan Bisaleri s/o Gangappa K V & Suneetha A N/Suneetha Gangappa R/o No 11, 1st Main, 1st Cross, Sundarnagar, Gokula Extension, B'luru-560054 have changed my name to Sugan Bisleri for all Purposes.

I, Udatha Ramya W/o, Yakkala Sudhakar R/o Villa No:24, Green Vista Layout, Phase-1, Chikkabellandur, Bengaluru - 560035 have changed my name to Yakkala Ramya for all purposes.

I, Anitha Vasu w/o J Shankar Naidu R/o #80/1 8th Main Road 6th Phase 1st Stage Rajajinagar B'luru-560010 have changed my name to Anitha Naidu Shankar Naidu for all Purposes.

I, MARY NAKSHATHRA G, W/O IGNATIUS M , #10, CRP Enclave, 1st Cross, 4th Cross Street, Banjara Layout, Horamavu, Bangalore 560043. Have changed my name to MARY NAKSHATHRA IGNATIUS for all future purposes

I, Tanzeem Pasha s/o Ameer Khan, R/a No.72, Sonnappa Garden Main Road, Opp junaidiya Masjid, DJ Halli B'lore 560045. I have changed my name to Tanzeem Khan vide affidavit dated 29.1.2024 sworn before Notary N.Kanchivaradaraju B'lore

I, SYED KATEEB S/o Syed Hasham, R/at No.215, A4, 1st Cross, Umar Bagh Layout, Near Taqwa Masjid, JP Nagar, Bangalore-560072 have changed my name to SYED KHATEEB, vide affidavit dt: 01.02.2024, Notary R. Basavaraja, B.lore.

I, BALKIS BEGUM, R/at No.748, 5th Cross, Kothanur road, Near Madeena Masjid, Marinagar, Bangalore-560062 have changed my name to BALKIS BEGUM, vide affidavit dt: 01.02.2024 before notary R. Basavaraja, B.lore.

I, Sankar Jayaram s/o Jayaram Naidu Dooruvasalu R/o #80/1 8th Main Road 6th Phase 1st Stage Rajajinagar B'luru-560010 have changed my name to J Shankar Naidu for all Purposes.

I, Kawsar Sultana w/o Abdul Razack Basha R/o 6th A Cross, M V Extension, Masjide Noor Street, College Road, Hosakote, B'luru-562114 have changed my name to Kouser Sultana for all Purposes.

I, SEEMA SALESHA resident of No.87, Aadarshnagar, Pali, Marwar, Rajasthan-306401 have changed my name to SEEMA PARAKH, vide affidavit dated: 03.02.2024 sworn before notary Natesh D, B.lore.

I, Divya Shridhar w/o Shridhar Muniyappa R/o #43/10/11 Ganga Nilaya 7th Cross Santhosh Nagar Attur Layout Yelahanka B'luru-560064 have changed my name Divya Shetty for all Purposes.

✔ **I,** Tamil Chelvi changed my name to Tamil Selvi vide affidavit dated 2nd Feb 2024 sworn before notary Sreedharan Nair P.N, Bangalore - 75

I, Anuj Kumar Bansal R/o 572, Dsr Waterscape Apt, Hormavu, Kalkere Main Rd, B'luru-560043 have changed my minor son's name from Udbhav to Udbhav Bansal for all purposes.

I, Sadashivappa G.S R/o 87, 1st Main, C Cross, Chamund eswari, Layout, Blr-97 Changed My Name Sadashivappa. G to Sadashivappa. G.S for All Future Purposes

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Chai-Time

SOLVE IT IN A MINUTE

The sum of 3 numbers is 98. If the ratio of first to second is 2:3 and that of the second to third is 5:8, find the second number.

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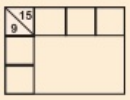
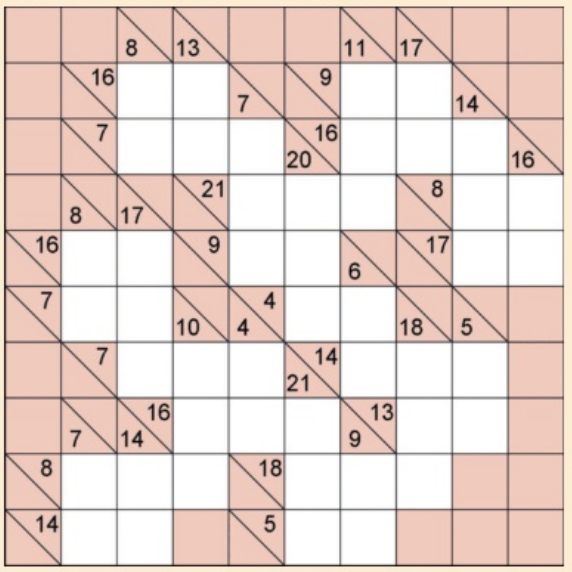
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

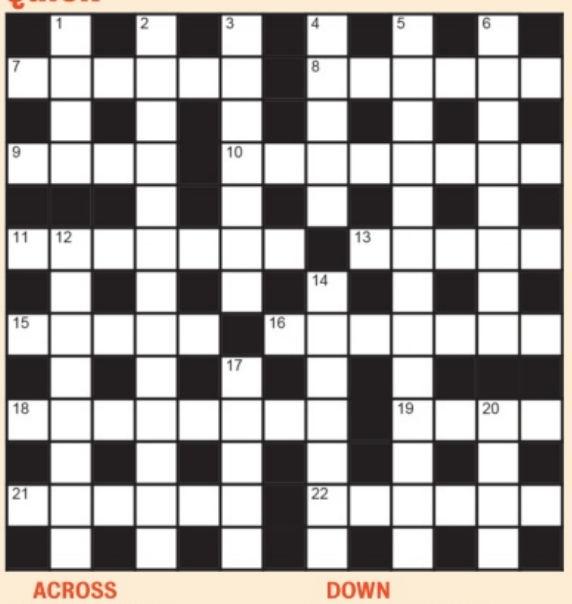


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Woman's hat (6)
8 Camelot's magician (6)
9 Jet speed measure (4)
10 Endeavour to contact and help those in need (8)
11 Makes (7)
13 Following (5)
15 Separate (5)
16 Black stone – "Tangier" anagram? (7)
18 Dealing with, controlling (8)
19 Gain by work (4)
21 Teaching period (6)
22 Fears (6)

DOWN

1 Spanish painter (4)
2 South Indian state (6,7)
3 Foils for comedians (7)
4 Friendship (5)
5 Good at growing plants (5-8)
6 Tactful; judicious or prudent (8)
12 Ran the tape twice (8)
14 Turn "a bridge" around to get a popular road (7)
17 Abnormally large (5)
20 Went on horseback (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS H

SH NTDDZB GHE CYQQ, HB GHE NZTS, HB GHE EPAZ T NTS PA, GZ RZZQA DGTD GTLLPSZAA PA GPA PSCPALYDTUQZ BPIGD.

Linemaro

You radiate awesomeness

Mindchow

Your most unhappy customers are your greatest source of learning

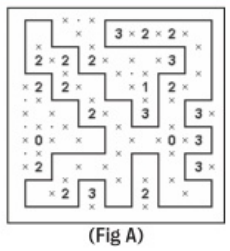
Joke of the day

I went to the doctor the other day, and he said, 'Go to Bournemouth, it's great for flu.' So I went, and I got it.

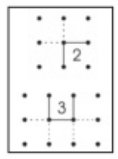
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



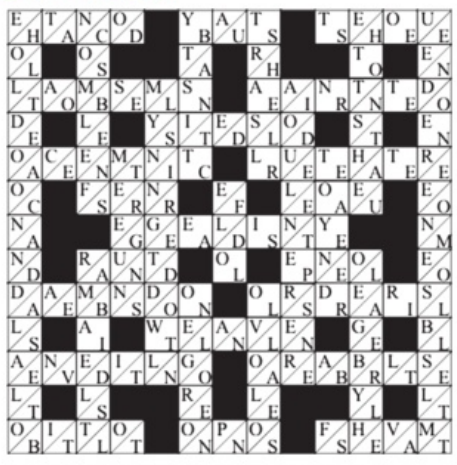
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

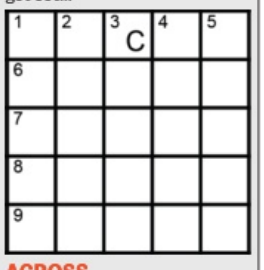
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

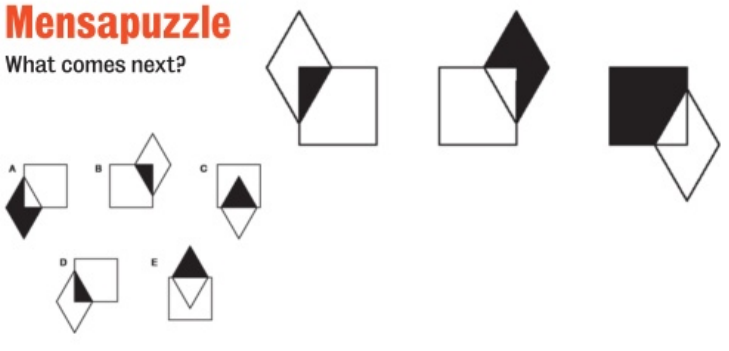
1 Ask BC; 6 No lee;
7 Eager; 8 Inner;
9 Curds

DOWN

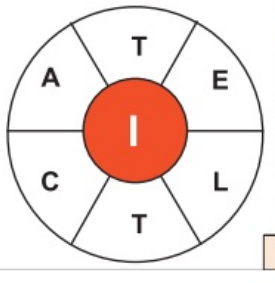
1 Clan B; 2 I rage;
3 No cur; 4 Need K;
5 Erses

Mensapuzzle

What comes next?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

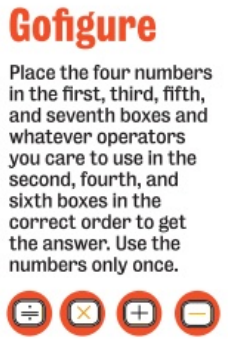
SudokuChallenge

5	7		3		9		2	1
				6				
	3			1			6	
4	6		8		7		5	9
8	1		9		6		7	3
	2			3			4	
				7				
1	8		4		2		3	6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

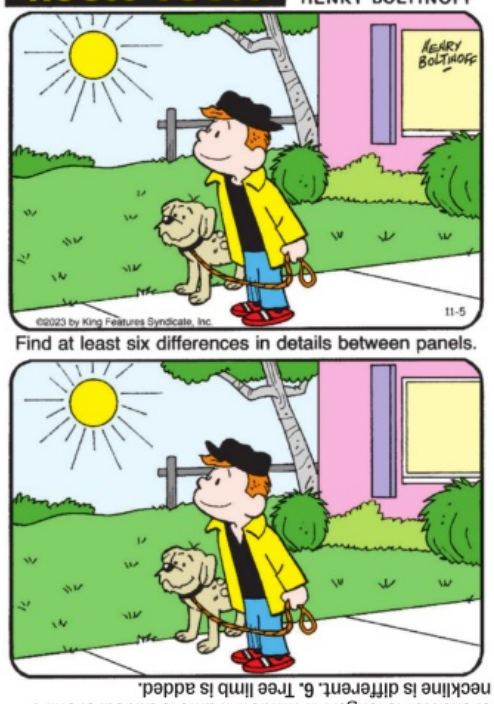
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

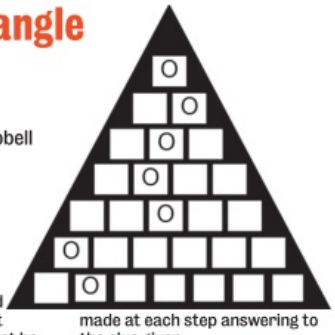
Differences: 1. Dog's leg is moved. 2. Cap is turned around. 3. Shutter is longer. 4. Window frame is added. 5. Shirt neckline is different. 6. Tree limb is added.

Riddler

A slender snake with glossy skin. His slender tongue becomes ebon. He holds his slayer on his head While he's devoured, 'til both are dead. No wooden touch, no metal sheen, His body stolen from the queen. And once he's gone unto his doom He steals some shadows from the room. Who or what is he?

Alpha triangle

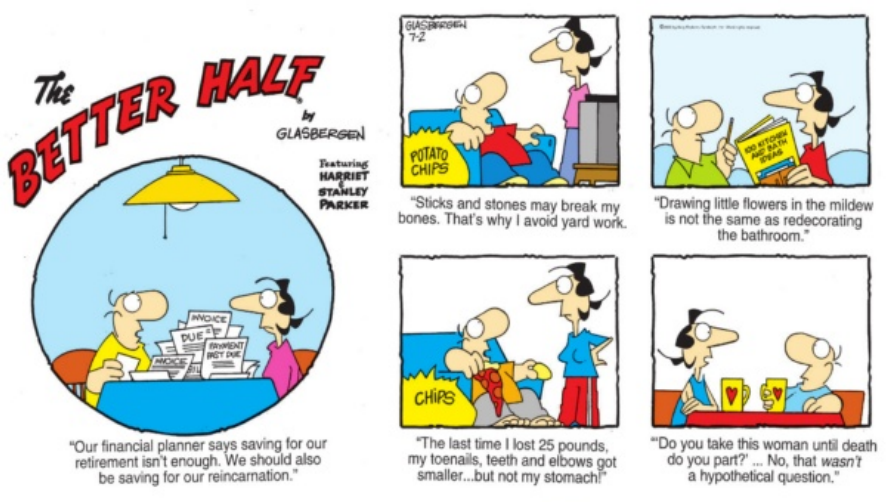
1 Circular letter
2 Med Off
3 Prefix: single
4 Sound of pain
5 Supermodel Campbell
6 Crude tycoon?
7 In name only

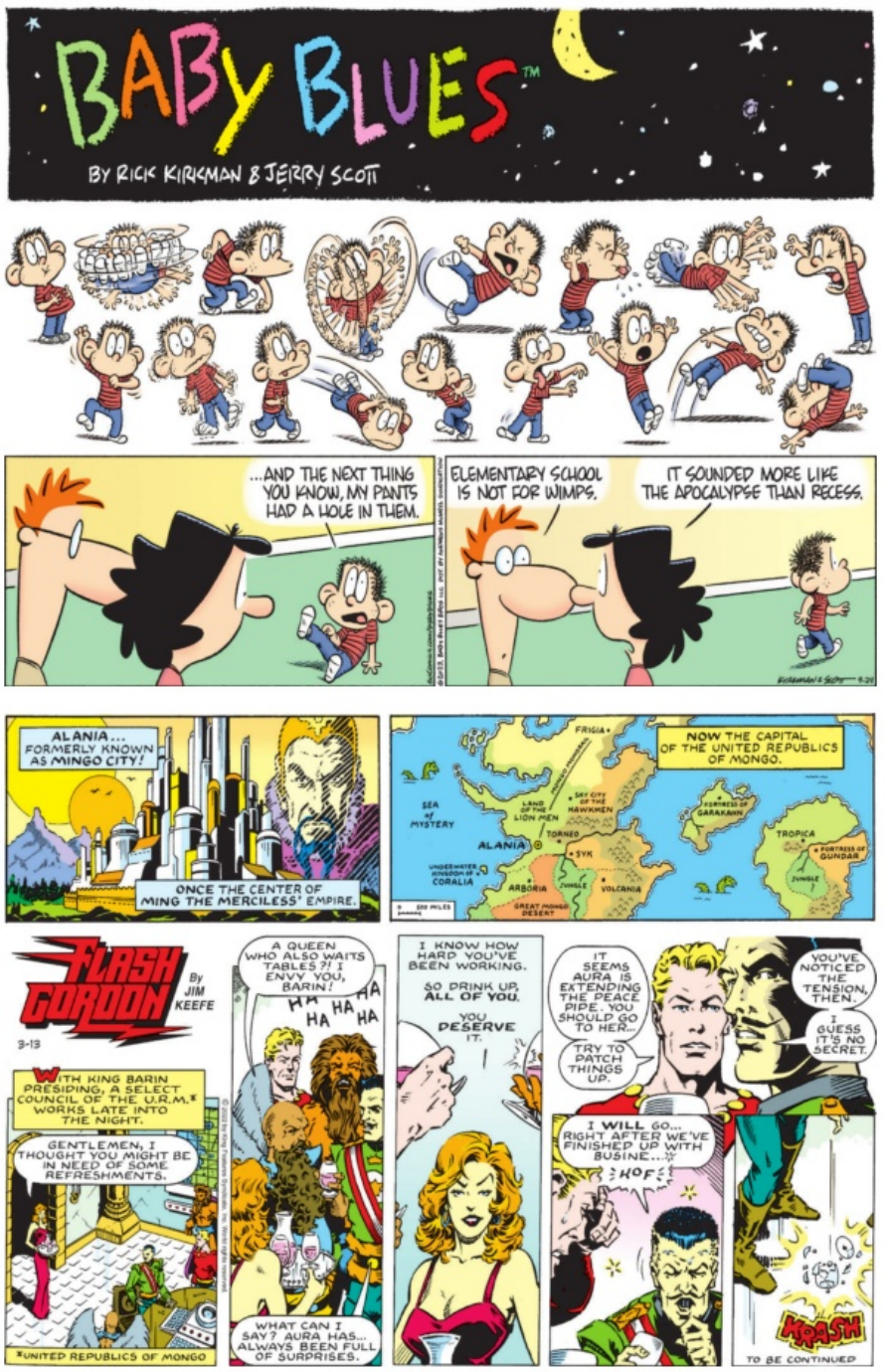


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
INVOICE
DUE
PAYMENT JUST DUE
INVOICE
"Our financial planner says saving for our retirement isn't enough. We should also be saving for our reincarnation."
GLASBERGEN 7-2
POTATO CHIPS
"Sticks and stones may break my bones. That's why I avoid yard work."
"Drawing little flowers in the mildew is not the same as redecorating the bathroom."
CHIPS
"The last time I lost 25 pounds, my toenails, teeth and elbows got smaller...but not my stomach!"
"'Do you take this woman until death do you part?' ... No, that *wasn't* a hypothetical question."


BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
...AND THE NEXT THING YOU KNOW, MY PANTS HAD A HOLE IN THEM.
ELEMENTARY SCHOOL IS NOT FOR WIMPS.
IT SOUNDED MORE LIKE THE APOCALYPSE THAN RECESS.

ALANIA... FORMERLY KNOWN AS MINGO CITY!
ONCE THE CENTER OF MING THE MERCILESS' EMPIRE.
NOW THE CAPITAL OF THE UNITED REPUBLICS OF MONGO.
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SEA of MYSTERY
LAND OF THE LION MEN
SKY CITY OF THE HAWKMEN
FORTRESS OF GARAKAHN
ALANIA
TORNEO
SYK
TROPICA
FORTRESS OF GUNDAR
JUNGLE
UNDERWATER KINGDOM OF CORALIA
ARBORIA
VOLCANIA
GREAT MONGO DESERT
FLASH GORDON
By JIM KEEFE
3-13
WITH KING BARIN PRESIDING, A SELECT COUNCIL OF THE U.R.M.* WORKS LATE INTO THE NIGHT.
GENTLEMEN, I THOUGHT YOU MIGHT BE IN NEED OF SOME REFRESHMENTS.
*UNITED REPUBLICS OF MONGO
A QUEEN WHO ALSO WAITS TABLES?! I ENVY YOU, BARIN! HA HA HA HA HA
WHAT CAN I SAY? AURA HAS... ALWAYS BEEN FULL OF SURPRISES.
I KNOW HOW HARD YOU'VE BEEN WORKING.
SO DRINK UP, ALL OF YOU.
YOU DESERVE IT.
IT SEEMS AURA IS EXTENDING THE PEACE PIPE. YOU SHOULD GO TO HER...
TRY TO PATCH THINGS UP.
I WILL GO... RIGHT AFTER WE'VE FINISHED UP WITH BUSINE...☆
HOF!
YOU'VE NOTICED THE TENSION, THEN.
I GUESS IT'S NO SECRET.
KRASH
TO BE CONTINUED

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day. Your financial health is likely to be good. You may get benefits from your past investments. You may gain control over your spending on worthless items, which may boost your savings. Love birds are advised to be polite in conversations with their partner, otherwise there may be some conflicts between them.

Taurus Apr 21 – May 20
Today you are blessed by the moon. You have good vitality and energy. You may enjoy work, may enjoy romantic moments with your spouse, which may improve family harmony. You are likely to make new plans to start some project. Your perfection may help you design the flow chart. Job aspirants will find a good job. Love birds are advised to avoid discussions on worthless topics.

Gemini May 21 – Jun 21
Today you may be disappointed. You are advised to control your arrogance; otherwise you may face some losses due to your way of speaking while in a discussion with someone. Love birds too should be careful in conversations otherwise, relations may be affected.

Cancer Jun 22 – July 23
Today you are blessed by the moon and new sources of income are likely to open up. Your past investments will now start paying off in terms of profits. Your losses will convert into profits, which will boost your financial health. Health issues related to parents may be resolved.

Leo Jul 24 – Aug 23
Today you may be very happy and will be busy at work. Your seniors may be happy and appreciate your work. You are likely to see some changes into your place, position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may take important decisions in terms of marriage with the help of relatives or friends.

Virgo Aug 24 – Sep 23
Today, a messy situation that developed in the last few days is under control. You are blessed by the moon. You may initiate your postponed works. With blessings, you may get rewarded for your hard work. There are some gains in your business which may boost your finances. You may spend money on artefacts or literature. You may also plan for an overseas trip.

Libra Sep 24 – Oct 22
Today, you may be busy with family issues. You may explore your extra sources of income in terms of gains. You might take interest in artefacts, movies and glamour which may improve your creativity. Love birds have a clear view in terms of their relationships. Students may now go ahead towards their aim in terms of career.

Scorpio Oct 23 – Nov 22
Today, you may not feel well, and might have health issues. This may affect your professional and domestic life. You are likely to be upset due to your spouse's health issues too. Your patience may be tested many times. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to avoid fantasy and work hard in their studies.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by a positive moon. You may feel healthy and old health issues may be cured now. Some money that was stuck somewhere is likely to be recovered now. You may also apply for a loan for buying some items related to luxury.

Capricorn Dec 23 – Jan 20
Today you may feel very dull. It may make you lazy and careless, and you are likely to be unfocused at work. Impatience may pull you down negatively. Health issues pertaining to kids or spouses may make you upset. You may avoid making investments in assets. Love birds should avoid arguments in family matters.

Aquarius Jan 21 – Feb 19
Today you may find negative vibrations around you, which may make you unhappy. You are advised to avoid investments in worthless assets. Your friends are not likely to be supportive today. So you should not have much expectation in terms of help, otherwise it may make you more upset. You are advised to follow your intuition before taking important decisions today.

Pisces Feb 20 – Mar 20
Today, you may be able to implement business plans successfully with support of your subordinates. You may be involved in some social or family get-together, which may boost your network. You are likely to go for short business-related trips, which may give you benefits in the near future.

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Anisha R, 8 Years, Delhi Public School

Sadhvi Sanju, 8 Years, The New Cambridge School

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SOLUTIONS

SOLVE IN 1M
2:3
5:8
= 10 : 15 : 24
Let numbers are
10x , 15x , 24x
Sum 49x = 98
x = 2
Second number is
15×2 = 30

RIDDLER
A candle

BULL'S EYE
attic, cite, LATTICE, ilce, taeit, TACTILE, tail, tile, tilt, title

FAST FIVE

B	A	C	K	S
	L	E	O	N
A	G	R	E	E
N	I	N	E	R
C	R	U	D	S

STRIKE OUT

O	T	T	O	O	P	S	F	E	A	T				
T	S		R	L		Y		L						
L	E	N	D	I	N	G		B						
D	A	M	S	O	N		O	R	D	E	R	S		
N		A	N	D		O		E	E	L		E		
A		E	G	A	L	I	T	Y		N				
C	S	E	N		F		L	O	U		O			
A	C	E	T	I	C		L	U	T	H	E	R		
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L	A	B	E	L	S		E	A	R	N	E	D		
H	A	N	D		B	U	S		T	H	O	U		

QUICK

B														
O														
N														
U														
S														

MENSA PUZZLE
D: the diamond is moving round each corner clockwise. The black portion alternates overlapping section/ diamond/ square.

QUOTE UNCODE
No matter how dull, or how mean, or how wise a man is, he feels that happiness is his indisputable right.

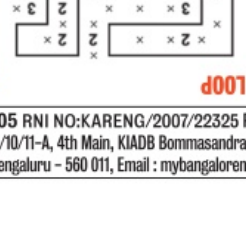
SUDOKU

5	7	6	3	8	9	4	2	1
9	3	8	2	1	4	7	6	5
4	6	3	8	2	7	1	5	9
7	9	2	1	5	3	6	8	4
8	1	5	9	4	6	2	7	3
6	2	9	5	3	1	8	4	7
3	5	4	6	7	8	9	1	2
2	4	1	7	6	5	3	9	8
1	8	7	4	9	2	5	3	6

ALPHA TRIANGLE
0 , MO, Mon, Moan, Naoml, Oilman, Nominal.

GO FIGURE
Easy
6 – 7 – 3 + 8 = 4
Medium
9 x 3 – 6 + 4 = 25
Hard
5 x 4 x 1 – 9 = 11

LOOP



KAKURO

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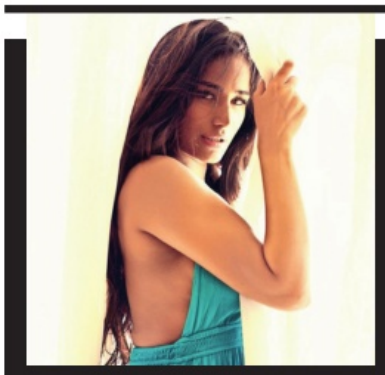


Poonam faked 'death' for a cause!

After the fake news of her death made headlines, controversial actress Poonam Pandey has come out and said that she faked her demise as she wanted to ignite a conversation around cervical cancer.

Poonam took to Instagram, where she shared a video and spoke about why this was needed.

"Hi everyone it's Poonam. I am sorry to those whom I have hurt. My intention is to shock everyone into the conversation that we are not talking enough about cervical cancer."

"Yes, I faked my demise." She added: "Extreme I know. But suddenly we all are talking about cervical cancer. This disease silently takes your life and this disease needs the spotlight urgently. I am proud of what my death news has been able to achieve."

Poonam shared another video and captioned it: "I feel compelled to share something significant with you all - I am here, alive. Cervical Cancer didn't claim me, but tragically, it has claimed the lives of thousands of women due to lack of knowledge on how to tackle this disease..." **-IANS**

For an audience

'I want to sit through scripts carefully and make thoughtful choices'

Actor Shilpa Shetty Kundra, who recently made her OTT debut in Rohit Shetty's 'Indian Police Force', expresses gratitude for the positive response to her character Tara Shetty.

She acknowledged the appreciation for portraying a strong cop role and making an impact on female viewers. The actress mentioned the privilege, pride, and humility she feels due to the success of the show, which is now the most-watched. Asked about potential future cop roles, Shilpa Shetty shared with the Hindustan Times, "I have kept my entire diary empty now." Also, she has kept her schedule open after finishing "KD: The Devil."

Shilpa Shetty plans to decide on her next project with a clean slate, emphasizing the need to balance with family responsibilities.

Having worked hard for the past two years, she wants to sit through the scripts carefully and make thoughtful choices to not disappoint her audience.

Shilpa Shetty was recently honored with the "Change of Champions" award, recognizing her commitment to health and wellness causes. She appreciated the acknowledgement of her journey and feels that, as a celebrity, there is a responsibility to shoulder not just glamour but also contribute to good causes. She expresses a desire for people to look up to her for the impact she can make beyond her work in the entertainment industry. In conclusion, Shilpa Shetty highlighted her passion for motivating people to prioritize health, especially as a mother, and encouraged awareness about the significance of good health in life.

Meanwhile, Rohit Shetty's directorial 'Indian Police Force' got mediocre reviews from the viewers. **-ETimes**

PC reflects on her journey

Global star Priyanka Chopra reflected back at her journey with the viral social media trend 'At 21', offering a glimpse into her remarkable success. On Saturday, Priyanka joined the trend: "Everyone Tap In... Let's see you at 21", which involves individuals sharing pictures of themselves at the age of 21.

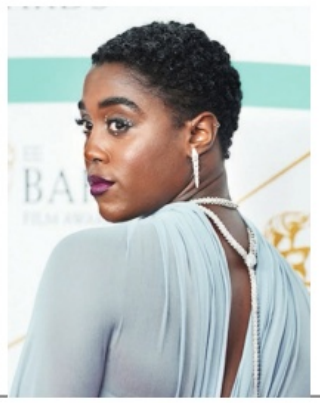
She shared a throwback picture wherein she is smiling while gazing right into the camera. It is captioned as: "let's see you at 21." Another photo features her in an animal print bikini top and brown leather pants. The picture which seems to be from a photoshoot, was captioned as: "Learnt a lot since then." **-IANS**

Lashana Lynch not been offered to return as female 007

Actress Lashana Lynch, who took on the role of Nomi a character assigned the 007 codename after Bond retired from the secret service in 'No Time to Die' and has been suggested as a possible successor to Daniel Craig as the spy, says she only signed up for one movie and questioned whether fans would want a female in the part.

"Do you think people really want that? Do you think people are ready for that? I signed up for one movie. I did one, I literally don't know anything about the next one. I've not had a conversation. So yeah... it's in their hands. It's in the franchise's hands," Lynch told Entertainment Tonight when asked about her chances of becoming Bond.

Meanwhile, Lynch shared that she would be willing to perform the next Bond theme after getting the chance to showcase her singing talents in the biopic 'Bob Marley: One Love', in which she stars as the reggae icon's wife Rita Marley, reports aceshowbiz.com.



She said: "Oh my gosh - could you let them know! I can write a tune or two and do that. Yeah, yeah, sure. I'd be down. I'd be down. That's a great ... great idea. That is. Now I'm like, 'OK, now I must write that down to make sure (Bond producer) Barbara Broccoli knows."

Lynch had argued the Bond franchise will continue to have a following, regardless of whether a man or woman plays the role. **-IANS**

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